The Crazy Wisdom Community Journal

Southeastern Michigan's Conscious Living Magazine

FREE

September through December 2019 - Issue 73

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50 Years of Innovative Solutions

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Bottom Row: Tracey Easthope and Laura Klocinski

Agricole Farm Stop – A New Local Market Arrives in Chelsea

An Interview with Sheriff Jerry Clayton on Holistic Approaches to Public Safety and Bias-free Policing

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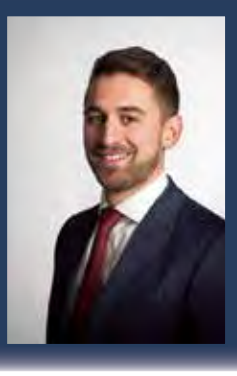

Sam Maness, CFP®
Financial Advisor
Sam.Paul.Maness@
raymondjames.com

Jason Coleman
Financial Advisor
Jason.Coleman@
raymondjames.com

Emily Rice
Relationship Manager &
Branch Operations, MWS
Emily.Rice@
raymondjames.com

Vanessa Holmes
Relationship Manager &
Branch Marketing, MWS
Vanessa.Holmes@
raymondjames.com

315 Eisenhower Parkway
Suite 301
Ann Arbor, MI 48108

Phone: 734-944-7556

Fax: 734-661-1314
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The Crazy Wisdom Community Journal

Southeastern Michigan's Conscious Living Magazine

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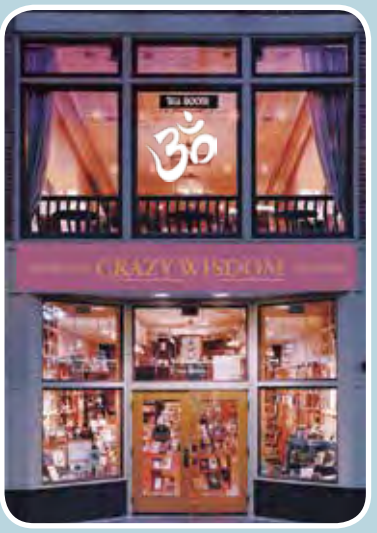
"Crazy Wisdom" is a term popularized by Chogyam Trungpa, one of the major figures in bringing Buddhism to the West. He described it as an innocent state of awareness that is wild and free, completely awake and fresh. It's a spiritual worldview that represents thinking outside the box — moving against the stream.



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Design and Production Editor
Carol Karr
Designers:
Jennifer Carson, Carol Karr

Managing Editor/Staff Coordinator
Jennifer Carson

Senior Editor
Maureen McMahon

Editing
Ann Alvarez, Crysta Coburn, Laura K. Cowan, Julianne Linderman, Vicki Schmitz

Writers
Peggy Alaniz, Petula Brown, Catherine Carr, Catherine Carlson, Crysta Coburn, Laura K. Cowan, Madeline Diehl, Lynda Gronlund-Naeem, Katie Hoener, Angela Madaras, Carin Michaels, Cashmere Morley, Kirsten Mowrey, Sarah Newland, Tchera Niyego, Moira Payne, Tracy Scherdt, Emily Slomovits, Sandor Slomovits, Sara Vos

Artwork
Jennifer Carson, Ani Daher, Logynn Hailley, Caitlin Muncy

Photography
Senior Photographer: Linda Lawson
Susan Ayer, Rachel Everheart, Tobi Hollander, Kate Jackman, Hilary Nichols, Rebecca Rowe, Joni Strickfaden, Rachael Waring, Jennifer Wooley

Calendar
Senior Calendar Editor:
Sarah Newland
Calendar Editor: Melanie Baldwin
Calendar Proofreading: Karen A'Llerio

Distribution
Bob Cain, Mary Ellen Cain, Paul Stehle

Associate Publisher
Rory Russell
Ad Sales:
Tana Dean, Rory Russell

Publisher/Editorial Director
Bill Zirinsky

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The deadline for Free Calendar submissions for the January through April 2020 issue is Monday, Nov. 11, 2019

Contact calendarforms@crazywisdom.net

The deadline for Paid Advertising is Monday, Nov. 25, 2019

Contact Tana@crazywisdom.net or Rory@crazywisdom.net

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Crazy Wisdom Monthly Book Discussion 7:30 p.m. in the Crazy Wisdom Community Room

Sept. 20 • *Eating the Sun* by Ella Frances Sanders Hosted by Deb Flint

Oct. 18 • *The Big Book of Numerology* by Shirley Blackwell Lawrence Hosted by Deb Flint

Nov. 15 • *The Awakened Dreamer: How to Remember and Interpret Your Dreams* by Kayla Ambrose. Hosted by Bill Zirinsky

Dec. 20 • *The Chocolate Cake Sutra: Ingredients for a Sweet Life* by Geri Larkin Hosted by Deb Flint

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Visit the CRAZY WISDOM JOURNAL Website & Blog

Glenda Bartel
on witchcraft

Julie Kouyate
on being a bodymind coach

Michelle McLemore
on energy healing

Look for these guest bloggers (and more!) beginning in September.

Barbara Boyk-Rust
on A Place in the Circle

Amanda Cinco-Hoyt, Michelle McCoskey, and Lauren Lauren Mathieson
on natural dyeing

Alison Downing
on healing your gut

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Meet Some of our Creative Team

We sincerely appreciate all the talent that gets put to work to bring you the best *Crazy Wisdom Community Journal* three times a year, and wanted to highlight different contributors from each issue in this space. Look for us to highlight some of our contributors in every issue.

Sandor Slomovits is one of the twin brothers who comprise Gemini, the acclaimed children's music duo. Sandor, along with his brother Laszlo, has toured throughout the US and Canada since 1973. He also works as a freelance writer for a number of Ann Arbor and national papers and magazines.

Tchera Niyego was born in Istanbul and studied in both Tel Aviv and London. A woman of many talents, Niyego has written and published essays, articles and reviews, as well as performed with various theater groups, curated art exhibitions, and designed her own clothing line.

Sarah Newland has worked at Crazy Wisdom for 26 years and is currently Senior Manager and Tea Room Supervisor. She also writes our media reviews, and has overseen the Calendar Section of the CW Journal for the last 20 years. If she's not at the store, she's driving to and from the Rudolf Steiner School for her kids, walking in the woods with her dog, or making (and taking photos of) beautiful, healthy food.

Crysta Coburn has been writing stories her entire life. Her first short story was published at the age of sixteen after winning runner-up in a local writing contest. She earned her bachelor's degree in creative writing from Western Michigan University. She is a journalist, fiction writer, poet, freelance editor, blogger, podcast co-host, and one-time rock lyricist.

Ani Daher Daher is currently a student in the arts program at Eastern Michigan University, concentrating in graphic design. A graduate of Rudolf Steiner School of Ann Arbor, she has a passion for botanical illustration. She has worked at Crazy Wisdom Bookstore for three years, and enjoys growing plants and making fiber art.

Madeline Strong Diehl is a poet and playwright living in Ann Arbor with her husband. She has worked more than 30 years as a professional magazine editor and writer. Her articles and essays have been published in the *Crazy Wisdom Community Journal*, the *Christian Science Monitor,* and internationally-distributed University of Michigan publications. You can also find Madeline leading therapeutic writing workshops.

Susan Ayer began as a photojournalist in 1991, when she became publisher, editor, and staff photographer for the *Washtenaw Jewish News*. In addition to her freelance work for the *Crazy Wisdom Journal*, she does photography for many community organizations. Ayer photographed both our cover article and the feature on Sheriff Clayton. See more of her work at susanayerphotography.com.

Photographer **Hilary Nichols** has spent the last 20 years dedicated to expressing the spirit and soul of her subjects. As a wedding and portrait photographer, Hilary appreciates the intimacy it takes to capture an image that both flatters and really speaks the truth for her subject. She thinks of her art as being the conduit through which the best in you shines through.

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Random Acts of Kindness

Naomi's Wilderness Adventure

By Madeline Strong Diehl

Ever since we adopted our cat Naomi from the Humane Society four years ago, she has been content to live her life as an indoor cat. That is until one Sunday in late April, when the sights and smells of spring got to be too much for her, and she escaped unnoticed—probably while my husband was taking out the trash.

My husband, Ed, and I were surprised when Naomi did not sleep with us that night, but we figured she was probably caught up in hot pursuit of a stinkbug or a spider. But when she didn't show up for breakfast or lunch the next day, I knew I had to take action.

First, I called the Humane Society, and I felt great relief when they said: "Most lost cats are found close to home." But then I asked how close, and they replied, "About a mile." This of course meant that Naomi was hiding within a circular area with our house at the center—a radius of a mile and a diameter of two miles. My memory recalled the number for pi from my high school geometry class, but I forgot how to use it. All of my attempts to try to figure out my odds were making me anxious. It was obvious that my husband and I weren't going to be able to find Naomi on our own—we would need reinforcements. And luckily, I knew just where to find them.

I posted Naomi's description on my neighborhood's Nextdoor social network of 808 people, and I included all adjacent neighborhoods as well, comprising a total audience of 13,642 "neighbors."

If you haven't used Nextdoor, it's time to sign-up. The company launched in October 2011 and is now used all over the world as a way to bring "neighbors" together in order to find out the names of everything from the most highly respected plumber in the community to the tiny black bugs that are falling out of your walnut tree. I turned to Nextdoor at the very beginning of our search for Naomi as a way to tap directly into what the character of Blanche DeBois famously describes as "the kindness of strangers" in the play and movie, *A Streetcar Named Desire.*

I posted Naomi's description on my neighborhood's Nextdoor social network of 808 people, and I included all adjacent neighborhoods as well, comprising a total audience of 13,642 "neighbors." Then I went walking around the neighborhood and called out Naomi's name, interspersing the intimate inter-species language that Naomi and I had used with each other. I didn't feel embarrassed about this at all—after all, this was an emergency, and I knew anyone who had ever lost a pet would probably understand. "Naomi, want a tummy rub? A scritch-scratch? Dinner? A treat?" After about half an hour, a young girl about nine or ten years old told me she had seen a grey cat hiding in the bushes across the street. Now I had a hot lead (I was certain that *any* grey cat was *my* grey cat), and for about ten minutes, the girl enthusiastically joined me in my mission. We searched all around the front of the neighbor's house and underneath the sports car in the driveway before giving up, and I gave the girl my phone number to give to her parents in case she saw "my" cat again.

It turns out that "little girls make the best finders of lost cats," according to a website called "PET MD: Vet authored, Vet approved," one of several websites that my neighbors on the Nextdoor network had recommended to me by mid-day Tuesday, the second day after Naomi went A.W.O.L. When I signed into the Nextdoor site I was deeply moved to find that more than a dozen of my Nextdoor "neighbors" had sent me messages of emotional support, hope, and advice. When I followed up on some of the links they suggested online, though, I found there is a huge controversy over the most efficacious way to find a cat.

Whatever. By Tuesday afternoon I had grown anxious from all the conflicting information, and I tried to get some work done, but I found it very difficult to concentrate. I didn't just miss Naomi's company—I missed her for work-related reasons, too. Every hour or so she had jumped up on my desk and spread herself belly-up across whatever I was working on, reminding me that I needed to get up and stretch my legs. And whenever I was taking my work too seriously (and therefore neglecting Naomi), she would hide behind chairs, couches, doors, the shower curtain (wherever I would least expect her) and suddenly jump out in ambush when I passed by. How was I going to get my work done without Naomi's help?

Two seemingly conflicting emotions were vying for my attention. The first was a sense that I was being bathed in kindness every time I walked down the street and called out Naomi's name. Almost all of the people I passed let me know that they had read my post on Nextdoor, and they were searching for Naomi, too. I had lived on the Old West Side for twenty years and had passed many of these neighbors almost every day, but up until Naomi went missing, I had only exchanged names with a handful of them. Now Naomi—and her disappearance—was helping me make real connections with my neighbors that I probably would not have made any other way.

But intertwined with these feelings of hope and connection were feelings of foreboding that it might take a while for me to find Naomi, and I didn't really know what I was going to do in the meantime. Naomi wasn't just a cat—I counted on her for lots of very important things, like reading to me before I fell asleep each night and making me smile at her antics. She would often chase the rings from milk cartons and deftly use her paw to put them out of sight under rugs, then pretend some other cat had done it. Or she would jump into paper grocery bags and then pretend she couldn't get out again. How was I to get along without these things? I mean, my husband surely couldn't do them.

Finally, by Tuesday evening, I was absolutely frazzled. I cried on the phone when I told my friend Kathy what was going on, and she insisted that I take Wednesday off and wait until late Wednesday night to search again, when everything was quiet. "Remember that Naomi is scared from all the outdoor noises, and she's probably hiding right under your nose," she said.

Now Naomi—and her disappearance—was helping me make real connections with my neighbors that I probably would not have made any other way.

Hmmm. Right under my nose. I went out at 10 p.m. Wednesday and tried to think like Naomi. Where could she be hiding that was close to our house, but still out of sight? I noticed that my next-door neighbor Roxanne's deck had a small crevice in the side where it skirted around the trunk of a very stout oak tree. The hole was around four or five inches wide, and I wasn't convinced that Naomi could fit. But it seemed like my best bet, so I sat there for half an hour and talked as if I knew Naomi was there, so that I would sound convincing if she was. "Naomi, don't you want some dinner?" I suggested while shaking her food loudly in her bowl. "Come out and get a treat!" I was just about to give up and go home when I heard a soft shuffling noise—or thought I did. "Naomi?" I called again.

Naomi ambushed me, suddenly popping her head out from under the deck. She meowed at me with great indignation, as if she was mad at me for not rescuing her sooner. Yet she also seemed very disoriented and frightened, and wouldn't venture out from underneath the deck for a full twenty minutes. When she did, I made the mistake of trying to grab her, and she scratched me like she meant to hurt me for the first time in our four-year-long friendship.

I watched blood seeping from the cut on my hand that was so precise a scalpel could have made it. Running inside for a bandage and some tuna, I excitedly told Ed that I had found the cat. We both donned heavy winter gloves to protect ourselves from Naomi's irrational fight-or-flight responses and positioned ourselves on either side of the entrance to Naomi's stronghold. At first, Naomi seemed mollified by the little bits of tuna we fed her through the hole. But then she began complaining bitterly, insisting that we had oppressed her by forcing her to live an indoor life when she was actually a sleek and proud panther with an untamable wild spirit and remarkable hunting prowess.

On this particular night, as with so many in late April, the winter let it be known that it was not entirely ready to leave yet, and Ed grew tired of Naomi's unfounded accusations. He stood up to leave, and suddenly, Roxanne's backyard light went on and her frightened face appeared in the window. She opened the door and asked us (not surprisingly), "What are you doing in my backyard at midnight?"

Ed apologized and explained that we had just found Naomi under her deck after searching for three days, but we couldn't persuade her to come out, so we were going home to bed. I objected, but my husband reminded me that Naomi could take care of herself.

Being the very kind and thoughtful husband that he is, Ed went inside our house to collect all of the high-performance cat-rescue supplies and survival provisions that I had requested.

Roxanne interjected, and kindly said: "Madeline, if you are really concerned, you are more than welcome to sleep on the deck. But I am going to bed." And with that, Roxanne retreated back inside.

Ed continued to insist that it was "totally ridiculous" for me to believe that Naomi needed my protection. "She's gotten along fine these past three nights," he said.

"How do you know she didn't barely escape death?" I asked. "Why else would she be acting so traumatized?" I announced that I had made my decision, and I asked Ed to please bring out a sleeping bag, a flashlight, some popcorn, and a mug of hot chocolate.

Being the very kind and thoughtful husband that he is, Ed went inside our house to collect all of the high-performance cat-rescue supplies and survival provisions that I had requested. But unfortunately he brought them to me just as Naomi was starting to get enough courage to venture out of her hole. Naomi got spooked again and disappeared back under the deck. Ed let out an audible sigh and sat at the picnic table on our own deck. "What are you doing?" I asked.

"I've already stayed up this long in the cold," he said, opening up a book to read by flashlight. "I might as well stay and see if she'll come out again. This way we outnumber her."

"You are truly a gem!" I commented to Ed.

"I know," he agreed.

I continued to sweet talk Naomi, and she continued to insist that she would no longer settle for hunting mere spiders and stinkbugs. She even threatened to file a lawsuit against Ed and me for misrepresenting *her* to *herself*. Finally I, too, gave up and went over to the picnic table where Ed was sitting and found him with an empty bowl in his lap. "Well, how do you expect me to sit here for half an hour holding popcorn and not eat it?" he asked.

On Thursday morning, I woke at 7 a.m. and went to Roxanne's deck, where I found that Naomi was acting much more rationally. I was able to persuade her to come out from under the deck by leaving a pile of tuna about two feet away. Then I kept placing little piles of tuna at one-foot intervals until she was finally in the house. Once inside, she polished off two days' worth of food and water, then rolled over on her back for a long nap, content.

When I went out for my afternoon walk, I was able to greet almost all of my neighbors by name as I passed them on the sidewalk and announced the good news that Naomi had returned home.

When I went out for my afternoon walk, I was able to greet almost all of my neighbors by name as I passed them on the sidewalk and announced the good news that Naomi had returned home. I also posted the story on Nextdoor (without the part about Ed eating all the popcorn), and thanked all 13,642 of my "neighbors" for their kindness.

"I just came home from a terrible day at work, and you have done me a great kindness by letting me know Naomi is safe," responded one of my new friends. "Now I'm sitting here smiling just thinking about it."

Do you have a story about a random act of kindness, either given or received? We may share your story! Please write to our columnist at kindnessatCW@crazywisdom.net and include your contact information.

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Photo by Hilary Nichols

Namaste, Katie...

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, here you'll find a variety of useful tips from local yoga instructor, Katie Hoener.

Namaste Katie,

Recently I had developed a steady meditation practice, and then it went away! I don't know what happened, and the techniques that I am accustomed to through studies of mindfulness haven't been helping. Do you have any other suggestions?

Darren, Ann Arbor

Dear Darren,

This struggle is real and persistent for many of us. As outlined in the Yoga Sutras, there are only a few among us for which meditation comes naturally and with a sense of ease. For the vast majority of us, meditation and yoga in its totality takes practice and practice and more practice. And to answer your question, yes, there are options to try until you find your groove again. The Sutras suggest that once we find a technique that does suit us that we stick with that space for the duration of its effectiveness.

One meditation practice that aids in the calming of

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the mind, and assists in retuning us to our practice, is meditation on an object. Yoga Sutra 1.39 outlines that the object of meditation is of our choosing and can help us attain quieting of the mind. A common object for meditation is a lit candle. By fixing the eyes on the dancing flame, we can attempt to move into a place of stillness. Or you could choose another object that holds special meaning, whether that is a picture or a small statute.

Another meditative practice that assists with clearing the mind is japa meditation, or chanting. Most people's introduction into japa meditation is through the repetition of the word OM, though there are many other beautiful chants that can aid in the quieting of the mind.

Namaste Katie,

Following a summer of outdoor work, and fun, I would love to use my yoga practice to maintain the strength in my arms. I have found that my shoulders and wrists feel better with this newfound strength!

Jess, Ypsilanti

Hello Jess,

My amazing yoga partner, Courtney, came up through Ashtanga practice, and that will give you some arm strength! And those of us who have spent a fair amount of time with Vinyasa in its various forms have likely seen its benefits on defining the body as well.

One wonderful practice in engaging the arms on a regular basis is through the practice of Surya Namaskar, or Sun Salutations.

One wonderful practice in engaging the arms on a regular basis is through the practice of Surya Namaskar, or Sun Salutations. If you do your research, you can find that there are many variations on the Sun Salutation, and you can explore those until you find the one that meets your needs. In a previous discussion, I wrote about the whole-body benefits of the high plank, which in a Surya Namaskar leads to Chaturanga Dandasana, or low plank. In the flow of a Sun Salutation, this low plank transitions to an Urdhva Mukha Svanasana, or Upward Facing Dog. This posture (pictured) engages each muscle within the arms, as well as a majority of the muscles in the shoulder, as we are engaging through the body to lift through the heart.

If participating in a Surya Namaskar A, of Sun Salutation Series A, the Upward Facing Dog transitions to a Adho Mukha Svanasana, or Downward Facing Dog. These transitions, and postures, provide ample opportunities to engage the arms in multiple ways.

We are also using our own body weight as resistance, and developing our ability to transition more fluidly over time. If in your initial attempts you are setting the body on your mat between your Low Plank and your Upward Facing Dog, do so! It is important that you keep the shoulders and arms safe while building this strength and flexibility. As always, if you have questions on form or safety, it may be nice to attend your local studio to get some pointers. I know for myself, a few Surya Namaskars is a beautiful way to open the body and the breath for the day, and yes, provide some extra definition to the body when I stick with it! Enjoy.

Namaste Katie,

I was having tea with a few friends the other day after class, discussing the idea presented to us in that class about replacing a negative thought with a different, positive thought, and my friend said, "Ahh yes, the tuning of the mind." I didn't have the chance to ask further questions. Could you provide a little more insight into this?

Carol, Ann Arbor

Hello Carol!

I would be thrilled to. This queston gives me another chance to take a look at the Yoga Sutras, specifically Sutra 2.33, though this concept weaves throughout the foundational elements of yoga. Sutra 2.33 states, "When disturbed by negative thoughts, opposite [positive] ones should be thought of. This is pratipaksha bhavana."

We often refer to pratipaksha bhavana, the turning of the mind, and use this throughout our practice, though most notably in our mindfulness meditation. When a thought of judgement comes into the mind, we replace it with something akin to its opposite.

Oftentimes these opposite thoughts fall into the camps of love (or lovingkindness) and gratitude. If we can draw from those wells, and build that habit, it becomes easier for our minds to access areas of kindness.

If you do your research, you can find that there are many variations on the Sun Salutation, and you can explore those until you find the one that meets your needs.

Though integrating pratipaksha bhavana is often most intentionally introduced in meditation, it certainly has a place in our asana practice. When we have ideas that we aren't able to do something, can we replace that thought with "how" can we attain [whatever goal]? Can we add a prop, or make a modification? There are ways to and through that which we, at times, view as barriers.

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send your own yoga questions to Katie@veraposeyoga.com.

Living from the Awakened Heart

By Barbara Brodsky

Thirty years ago, when I founded Deep Spring Center and first began to teach meditation and to channel my discarnate teacher, Aaron, there were few places where one could meditate and enjoy organized spiritual discussions. The Zen Temple comes to mind, and Jewel Heart had just opened the previous year. At that time, "meditation" usually meant Buddhist meditation, although one organization in town taught Transcendental Meditation. There were even fewer places that offered any connection with spirit and specifically discarnate, channeled entities. Looking at the *Crazy Wisdom Community Journal* now, I see with delight all the opportunities for practice and discussion in many traditions.

I am glad that so many are seeking deeper spiritual awareness, though at times I feel concerned by an occasional comment in the vein of "my tradition is better than yours."

I am glad that so many are seeking deeper spiritual awareness, though at times I feel concerned by an occasional comment in the vein of "my tradition is better than yours." Better for what? Is it better to eat carrots or cheese or chocolate? It depends on what each unique mind/body/spirit needs at that moment, and the same is true for spirituality. All spiritual paths that truly teach love are working in this direction, each with their own specific tools and passageways. Each path has its own unique way of teaching and expressing the same truths, and a person is karmically more pre-disposed to some paths than others. But all are paths to higher consciousness. To me, it feels vital to keep the big picture in our minds and hearts.

Deep Spring Center does not hold to any one tradition, but is a center for deep insight into non-duality, experienced and understood through meditation. The core practices are Vipassana (or mindfulness meditation) and Pure Awareness meditation, along with practices that support the open heart.

Many people are asking the same questions. What are we all seeking? What do we all have in common? I hear, "How do I live with greater compassion and wisdom? How do I truly learn to love my neighbor as myself?" And the most frequent questions, "Who am I and what is this life about, with its pain, wars, famine, terrorism, hate, natural disasters, and the destruction of the environment?" and "How can I help?"

People come to a spiritual practice and community for many reasons. Often the start is either because we are searching for meaning in life, or because we feel worn down by life and are suffering and in pain. Belonging to a spiritual community, where new friends and the guidelines of a formal tradition may lead them into a more focused and fruitful search and practice, comforts some people and offers direction. Others study and attend classes, looking for answers to the ancient questions through the path of the intellect.

There are those who seek psychological help for their suffering, which may also be supportive for a while. However, one may gain understanding of the triggers, yet still be reactive to them, suffering because there seems to be no escape.

For me, tools offered in various traditions have been helpful on this life journey ,and Aaron and I have drawn them into Deep Spring's offerings. Jesus asks us to "love one another," but how do we love people who bring us pain and trigger fear? It's not so easy. From Buddhism, the beautiful Eightfold Path guides me to moral awareness, deepening wisdom and presence, and gives me tools to love. But I was born into a Jewish family and find great wisdom there, too. I am a Quaker, and my Guru is a Hindu saint. All of these traditions and teachers touch my heart and inform my path. So does nature and the immense kindness I have encountered. This blend is my path and what I teach. It seems for most of us there is a blend—the parts will come together with some degree of ease when we understand and follow our highest intentions.

My experience is that we are all spirit, evolving into higher consciousness, as is the earth that is our home. Aaron says his understanding is that our earth is a cornerstone of expanding consciousness because here we have free will: the choice to act out fear-based impulses or to see such impulses arise and know that we can hold to a deeper truth based in loving kindness and compassion. When we respond from a loving heart, the consciousness that makes such choice literally carries a higher energy, a higher vibration (if I may call it that). Thus, as we learn to hold to a loving attitude toward all beings (including ourselves), and learn to be non-reactive and release dualistic ideas of self versus other, we are gradually inviting ourselves, our earth, and the entire universe, into a place of higher consciousness.

Buddhism offers a teaching of "the three kayas," which I find helpful. Dharmakaya (the word kaya means "body") is "truth body," the awakened heart/mind. We may find this truth body in profound meditation experiences where the ego and body dissolve and we experience the core of awakened being. Nirmanakaya is "form body," the mundane realm. We all know this one as our everyday experience. For many, the first intention is to live with less suffering, for the self and others. To do so, we need to understand the ground of our suffering as the belief in separate selves with separate needs. On the mundane level, this is true. We are each unique beings, but is anything truly separate? Perhaps a first step is to experientially understand that the mundane consciousness that keeps us to our separate selves is only one face of who we are. Are we our bodies? Our intellect? Our emotions? Our consciousness? Once we release what we are not, we can begin to open to what we truly are, individually and together, as sentient beings.

The third kaya, the Sambhogakaya, "wealth body," is the bridge between the awakened heart/mind and our form body. When we stand on that bridge, we can use our deepest spiritual experiences to remain aware of, and connected to, the Unconditioned, the Divine, not losing sight of it and also not attempting to hide ourselves *in* it as escape from the trials of mundane existence. Such escape can be enticing. From a place of stability on that bridge, where the heart remembers its true being, we can reach back into this suffering world and invite others onto the bridge. From the bridge we see the suffering world, but we also know the truth of our innate radiance and divine essence. Presence, kindness, wisdom, generosity, patience, and compassion are all tools for living from this bridge.

It seems for most of us there is a blend–the parts will come together with some degree of ease when we understand and follow our highest intentions.

When I keep in mind my intention to alleviate suffering in the world, and truly to help move this earth into a higher consciousness, I find much more patience and tolerance for living "on the bridge," allowing myself to touch my own and others' suffering with compassion and less fear. Here is where all of us can respond with a deep honesty to the discomfort of the immensity of suffering in the world and our feelings of helplessness. Each spiritual tradition offers its own ways to find stability on that bridge.

As I look over the many spiritual offerings in *Crazy Wisdom Community Journal*, and I think of the many practitioners in all these programs, I hope to invite all to pause and ask, "Where am I going?" What would this earth be like if we all were able to evolve beyond self-identification with the fearful, separated self, and to truly know one another as the radiant expression of the Love that is our source? How can we deepen our commitment to this evolution, for ourselves, our planet, and our entire universe? We often feel so helpless in our world today, but we are indeed powerful beyond measure.

I would like to end with the opening lines of Aaron's book, Human. It speaks to me of the "bridge."

> My friend, you are human and yet you are also spirit. To be spirit is to rest in the core of being that is birthless and deathless. To be human is to contemplate the cessation of your conscious existence. To be spirit is to live fully in the heart of love. To be human is to know fear.
> To be spirit is to offer everything. To be human is to experience the fear expressions of greed and clinging. To be spirit is to know divine compassion. To be human is to know the fear expressions of judgment and anger. To be spirit is to know your completion.
> To be human is to hunger for it. Yet, to be human and to be spirit is not at all incompatible,for you are not incarnate to abolish fear and its expressions but to learn to draw them into the heart of love.
> Walk by my side for a while and I will teach you.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center, a nationally known dharma teacher and spirit medium and an ordained interfaith minister. For more information, please visit their web site at deepspring.org, or email Deep Spring Center at om@deepspring.org or call 734-477-5848.

True Colors

Growing and Creating Local Color with Colorwheel

Photo by Wayne Maki

COLOR WHEEL
NATURAL DYE COLLECTIVE

Participants in an indigo dyeing workshop at POST this past February.

By Kirsten Mowrey

Color *matters*. Nature uses color to attract a mate, warn of danger, lure food, and to signal hormone changes. Skin is limited in its color, so our clothing does most of the signaling for us. Mood, emotion, personality, confidence—all of this is cued through color. What colors to wear to an interview? What colors to wear on a first date? What colors to wear to an evening professional event? Neutrals with a touch of color connote professionalism and reliability, but wearing bright color is more eye-catching when out in the evening. Cultural context can change the meaning of color, but it doesn't change the pattern of using color to communicate.

Mood, emotion, personality, confidence—all of this is cued through color.

We don't often think of where and how the color used to dye our clothing comes from, who made it, or how they made it. However, dyeing with plants found in our Great Lakes ecosystem is easily done, environmentally friendly, and just plain fun! I joined the Detroit-based collective Colorwheel to learn more about growing, creating, and using color from locally derived ingredients.

It was a splendidly sunny day in late April—a blue-sky sparkler that woke everyone up and made them glad to be alive. I stood around a five-gallon bucket with women I had just met. We were talking fashion as we stuffed our clothes in the warm water. One of the participants showed us a bright yellow sequined scarf and exclaimed how she never wore it because it's not her color. But maybe, in about an hour, she will have something new. Not because she bought it, or traded it, but because she dyed it, herself, using Michigan grown indigo. And she's not alone, a dozen of us have gathered from all over the state to learn to use indigo to dye our clothes. Adding pattern to a shirt, overdyeing a blouse, ombre to a skirt, or just revitalizing an old pair of jeans may not seem like social change on the surface, yet this workshop gives us a role as makers in our own lives—creators not consumers, affirmers of life in all its vibrancy.

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POST, on the east side of Detroit, is an old post office, now used as a store for Detroit-based artists, the home of Mutual Adoration (a design house and experimental craft workshop), and today, Indigo: Wardrobe Revitalization Workshop. This workshop is part of Fashion Revolution Week (#whomademyclothes), an event sponsored by Fashion Revolution, a UK based non-profit foundation and social enterprise whose goal is to make fashion enjoyable *and* environmentally sustainable. When I checked in with Wayne Maki and Claire Fox, the owners of POST, they invited me behind the scenes into the workshop area, where I could hang my coat, grab a snack, or have a mimosa before we began. Colorwheel was already present in the form of Lauren Mathieson, dressed in black, her blond head bent over the indigo vat while Michelle McCoskey, tall and graceful, arranged items on one of the large tables. Amanda Cinco-Hoyt arrived from her home nearby, long curls pulled atop her head, with more items for pattern making. All three engaged in final preparations while more participants arrived.

Colorwheel began from each woman's individual interest in natural dyeing. All three did their own art on the art show circuit after graduating from school. McCoskey had a display of natural dyed cloth at her booth that drew Cinco-Hoyt to talk to her. "It's unusual to find other people interested in natural dyes," she said. Mathieson also met McCoskey through a craft show and met for coffee shortly after. All three have degrees in art, grew up in the

metro Detroit area, and are passionate about foraging and growing their own colors. Their first effort was a dye garden at Cranbrook. After growing plant-based dyes, they expanded to marketplaces, then hosted dye workshops. In 2018 they brought their garden and workshops to the supportive atmosphere of POST.

"Our driving force," said McCoskey, "is to create a more sustainable model for textile production. Textile production is the second largest contributor to pollution worldwide." One approach is opening people's eyes. "Getting people to understand how many textiles are in their life," said Cinco-Hoyt. "Before my textile program, I didn't consider how many synthetic [textiles] there are. They never break down." Aging synthetic fabrics become smaller pieces of fabric and eventually micro-plastics, those floating pieces of small plastic that litter our Great Lakes beaches and oceans. That hip nylon top of last year is destined to become the micro-plastic you see in the photo of a dead albatross, belly full of plastic it thought was food.

Cinco-Hoyt welcomed us to the event and introduced Colorwheel and their projects. Mathieson gestured to the items on the table before her: clamps, rubber bands, clothespins, gloves, small pieces of wood. These were for us to create a surface technique on our clothing, if we didn't want a solid color. A question about the dye garden led into a discussion on petroleum-based dyes in contrast to natural dyes, and McCoskey took it to the whiteboard. She gave a brief description of the dyes Colorwheel uses: madder, weld, and Japanese indigo, thereby gaining the primary colors of red, yellow, and blue. Using these three plant dyes allows them to combine primary colors in order to create other colors. Colorwheel tried growing a greater variety of plants early on, but found that they weren't getting enough quantity for their dyeing needs and so reverted to greater amounts of fewer plants. The indigo we dyed with that day was Japanese indigo grown from seed in 2015.

Dyeing is an essential part of creating color in any substance. For centuries, humans used dyes made from plants. Whatever part of the plant that contained color would determine the extraction process. Madder is used in its root form, so soaking then boiling the fiber was the process, while pokeberry required berry collection, mashing, straining, and then cold or hot dipping. This process changed in the Victorian era with the accidental discovery of aniline dyes. Famous for their quick adaptation of technology heedless of consequences, Victorians embraced the synthetic dyes, and within a year of their discovery they were used throughout textile manufacturing. For colorfastness, many dyes used toxic materials such as mercury, cadmium, and lead, and still do today, according to Mark Angelo, co-executive producer of the fashion documentary "RiverBlue" Chinese environmentalist Tianjie Ma said "[these chemicals] don't break down and they travel around the world" through the water cycle of evaporation and condensation. Though the dyeing may take place in China or India, we are all affected because all our planetary water is connected.

Natural dyes are the opposite of factory processes. They are difficult to standardize and produce "offbeat, one-of-a-kind colors" according to Rita J. Adrosko, author of *Natural Dyes and Home Dyeing*. Dyeing is very experimental and interactive. The weave of the cloth, the concentration of the dye, the length of time, and any pattern placement all combine to create an individualized piece. Sasha Duerr, in *The Handbook of Natural Plant Dyes,* points out that, "natural dyes harmonize with each other in a way that only botanical colors can. A natural red will include hints of blue and yellow, whereas a chemically produced red dye contains only a single red pigment, making the color less complex." Hand dyeing with natural pigments makes each woman at the workshop an artist, expressing herself more personally in the clothing she colors.

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"This is the indigo," said Mathieson, as she gestured to the plastic storage bin holding a dark fluid. She stood on a blue tarp, on which was set a long table covered in plastic, upon which sat the indigo and three other five gallon buckets. She explained that indigo dyeing works through oxidation. After we dipped our items, or soaked them, we then needed to hold them exposed to the air for the same amount of time. We saw the shirt she lifted out of the dye vat, green when she first removed it, turn blue as it met the air. The number of dips and air exposure determined how saturated our items became. I brought a deeply faded pair of jeans and a white scarf I never wore. I was gambling that turning it blue might give it new life.

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"Our driving force is to create a more sustainable model for textile production. Textile production is the second largest contributor to pollution worldwide."

— Michelle McCoskey

True Colors

Continued from page 11

The founders of Colorwheel from left to right: Amanda Cinco-Hoyt, Lauren Mathieson, and Michelle McCoskey.

After we got the color we desired from the indigo vat, we moved to the next bucket—a very concentrated hydrogen peroxide, to dip our items again. The peroxide aids in oxidation. Next was the bucket of white vinegar to neutralize the cloth and dye and finally, cool water for a rinse. We then hung our items to dry and admired how the color came out. Cinco-Hoyt gave us a brief demonstration of how to create a surface design and showed us finished examples from previous dyeing classes. The possibilities were endless, and we all dove in with our clothes, twisting, clamping, and patterning before we placed them to soak in a bucket of water in order to prepare the fabric to take up the dye. The class dissolved into a varied flow; some at the table prepared a pattern, others stood at the vat, stirring and holding up their clothes to oxidize. Mathieson, who does Shibori, a Japanese type of pattern making, was giving a mini-lesson with the wood and clamps while Cinco-Hoyt assisted. McCoskey was guiding others through the indigo stations, making sure we soaked our items before putting them in the vat and not crowding it with our enthusiasm. They all worked together deftly and easily, flowing as needed from job to job or deferring to one another for teaching.

Famous for their quick adaptation of technology heedless of consequences, Victorians embraced the synthetic dyes and within a year of their discovery they were used throughout textile manufacturing.

All three women create and enjoy working with animal fibers. For McCoskey and Cinco-Hoyt it's wool, for Mathieson, silk. Wet felting brings out Cinco-Hoyt's love of nature, and Mathieson loves indigo for "its richness of color," while McCoskey professes a special love for goldenrod, which reminds her of a beloved park near where she grew up. Their dyeing competency created an atmosphere of harmony and surety that guided the rest of us in our uncertainty and creative exploration. That exploration was aided by the comfortable knowledge that none of what we were using was toxic—to us or the environment. The indigo we used that day will be useable for months after, with small amounts added to keep the color, and once exhausted, can be poured into a compost pile to disintegrate. The peroxide and vinegar can go down the sink.

Dyeing is very experimental and interactive. The weave of the cloth, the concentration of the dye, the length of time and any pattern placement all combine to create an individualized piece.

Over time, at marketplaces and workshops, they met more and more dyers and fiber people and "realized there was an opportunity to connect suppliers to makers here in Michigan," said Mathieson. As artists, it is difficult to find Michigan-sourced wool, so "it was a natural next step to join Fibershed in order to follow that mission to connect and revitalize." Fibershed is an expansion of the Slow Movement project, going beyond food to color, textiles, and clothing. Originally a one-year project to source a wardrobe within 100 miles of northern California, Fibershed has become a non-profit focused on local economies, transparent product streams, carbon sequestration, and ethical consumption of textiles. Great Lakes Fibershed, founded by Colorwheel but separate from the collective, is an affiliate, with a 250-mile radius spanning the width of lower Michigan and across northern Ohio. Its goal is to restore a regional textile community, meeting needs locally rather than globally.

I had dipped and oxidized my jeans four times and was finally happy with the color. McCoskey showed me the best way to squeeze indigo from my heavy jeans so that I didn't splash on everyone—even though we were wearing aprons, indigo, Mathieson assured us, stains everything. Her and Cinco-Hoyt's hands were colored from reaching into the vat for smaller items that had fallen to the bottom. I dipped in each of the successive buckets, wrung my jeans, and then hung them up over another tarp to drip-dry. A few shirts and another pair of jeans were already drying on the line. Then I searched for my scarf bundle in the vat. Patty, a middle-aged woman from the Detroit suburbs who had a skirt in the vat, helped me, and we were able to leverage it out without staining our hands. I unwound the rubber bands to see what pattern I'd created. It looked a bit like a sheep head, one of those Rorschach test patterns.

When I interviewed Colorwheel, McCoskey said she was driven by the desire to create more sustainable textile production and to open minds, hearing comments such as, "I never knew you could get these colors from plants." I could see this in my scarf: some lights make the saturated parts deep blue, others blue green, reminding me of how the surface of water changes color depending on the light. I hung it up to dry and awaited the final version. Natural colors, even these blues, look warmer, lived in, like favorite clothing that has been loved.

Currently, there are only a very few small clothing brands using natural dyes, like Sustain and Olderbrother, so as a shopper, choices are limited and pricey. But the purpose of Fashion Revolution is to change not only materials and processes of color and clothing, but the model and mindset as well. Each year they sponsor Fashion Revolution Week to promote workshops, panels, and conversation on fashion, fair wages, dignified work, environmental sustainablility, and transparency within the industry. Using our clothes longer, giving them color again, or changing their color, adding a pattern, mending, and embroidering, are all ways of changing the mindset of consumption, fast fashion, and nurturing our relationship with the planet we live upon. If we value items and refurbish them, we infuse our lives—and the objects we interact with—with our values, essence, and creativity. Changing our mindset around color and fashion is a step toward changing our future. Cinco-Hoyt, with a 15-month-old daughter, feels this keenly—she questioned having children given the state of the world. Yet, "I have great hope in what we could build as awareness of what we are doing [expands]. The comments [we hear] when we connect with people, and bring more knowledge of textiles, and growing color [gives me hope]."

The indigo we used will be useable for months after, with small amounts added to keep the color, and once exhausted, can be poured into a compost pile to disintegrate.

In 2019, Colorwheel grew a dye garden on two city lots in the Barham Greenway, a Kresge-funded restoration in the Morningside neighborhood. "As Colorwheel, we want to ramp up to more than a garden. We are planting native plants to bring the land back [many city lots require soil building and restorative work to remove contaminants], bring in pollinators, and hopefully transform it into a community space with a workshop and education area," said Mathieson. They also began teaching dyeing classes at the Michigan Folk School in Ann Arbor.

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To expand upon Fashion Revolution week, Colorwheel arranged for a panel of speakers. While our dyed items dried, we joined the panel to hear from the founders of Colorwheel, as well as a spinner, weaver, fashion designer, and shepherdess who talked about textile production from start to finish. Many in the audience worked with fibers—there were lots of knitters, a quilter, and some weavers. Together, these women talked of their love of creating and desire to expand community, "to discover," as Mathieson said, "how we can work together to lift each other up."

Thanked for our attention and participation, listeners and speakers dispersed, with small groups clustered around as people asked questions or talked with a fellow maker. I gathered my items and noticed that the yellow scarf was now a muted green blue, like the depths of a shadowed stream, with the sequins winking like stars as it twisted and moved. We all agreed this color suited its owner better, and she could not wait to wear it to summer concerts and dinners. I looked at my newly dyed jeans, now the color of the deep blue sky outside, or the blue of the lakes that are the centerpiece of many summer memories. I thought of something McCoskey said when talking about dyeing. "Foraging for native plants [for dye] tells the story of where we live." These jeans were Michigan jeans, Great Lakes jeans, worn and dyed and soon to be reworn, for new memories to fold into.

To learn more about Colorwheel and the ladies behind it, visit color-wheel.org or contact them at colorwheelmichigan@gmail.com. To learn more about textiles, the regional textile industry, and to download a free clothing guide, visit fibershed.com. To learn about changing the fashion industry, visit fashionrevolution.org. To learn about the Great Lakes Fibershed, visit their Facebook page @GreatLakesfibershed.

A Place in the Circle

A Yearly Gathering of Women

By Carin Michaels

I tell everyone that my daughter went to the high school featured in the movie "Mean Girls," and that it was true to its namesake, minus the caricatures. Back then, I didn't know how to help my daughter navigate the turbulent social climate. That is, until I had a women's circle at my house. She sat in a few times and the women loved her. Not once was my daughter marginalized. The women in our circle made space for her by listening, asking questions, and affirming that her goals were important. Fast forward to our new lives: my daughter is thriving at a university in Los Angeles with her own circle, and I have found one here in Ann Arbor. One of the most important lessons I've learned from being part of a women's circle is that it is a safe and sacred space to come together with authenticity, and its regenerative properties sustain me.

Women gathering together for spiritual nourishment dates back for centuries. Anita Diamant, in her book The Red Tent, offers a glimpse into this piece of our forgotten history as the women in her story come together in huts or tents to menstruate or give birth and to bond. This practice, along with the ancient Jewish ritual of Rosh Chodesh—a monthly gathering each new moon for women to connect and learn—helped create and foster strong familial and social bonds and supported the psychological and physiological needs of women. Barbara Boyd Rust, PhD, the founder of my new tribe, A Place in the Circle, explained its workings. "The circle comes from various sorts of practices in women's spiritual communities where the circle is the container, that we are all one part of the circle." She also noted that women's circles were strong locally in the 1970s as political action committees happening on campus, becoming the framework for equal rights and antiwar demonstrations.

Founder Barbara Boyk Rust and Amy Lynn Koch, a presenter from last year's event.

A Place in the Circle is a safe and welcoming space for women healers, artists, and teachers to meet, share, and celebrate connection in our community. It's essentially a day long retreat that slows down time by focusing on a specific theme. Three distinct generations of women come together to explore their paths of self-expression and service; whether you're a novice or seasoned spiritual seeker, there is a place for you in this circle. Boyk Rust said, "Your place in the circle is self-determined. Are you a healer, artist, teacher? It's about what's in your soul, based on your calling, your essence, and not your job description."

The first gathering in 2011 illustrated the need for a circle such as this one in our community; it brought 80 women together, many of whom sometimes felt isolated. Since then, Ann Arbor has continued to garner a wide range of practitioners of conscious living and holistic modalities, and the Circle has adapted to stay current with new ways of thinking, being, and healing. An upcoming facilitator, Julie Brigham, is an AmSAT certified teacher in the Alexander Technique. "I'm not from here," she noted, sporting a crisp, British accent from New Castle, England. "I know people inside the Alexander Technique world, but as far as other techniques I wasn't connected." She attended her first circle a few years ago. "Meeting other practitioners generated more work, yes, but I found out what they're about, and I said, 'Oh, I didn't know there was someone who did that in town.'" As I continued to meet women in the Circle, I learned that they traded client sessions, shared referrals, provided technical support in their various modalities and became sisters.

Some would say that building a network is based upon the Law of Attraction, but in simple English, our work is experiential and we need our six senses to understand how another practitioner can help or relate to us; it's not enough to just read their website.

Some would say that building a network is based upon the Law of Attraction, but in simple English, our work is experiential and we need our six senses to understand how another practitioner can help or relate to us; it's not enough to just read their website. We cannot rely on two or three degrees of separation; we need to be intimately connected.

Whether a facilitator or a participant, women who attend A Place in the Circle speak to establishing connections. Stefanie Cohen, MA, RSME, is an ISMETA Registered Somatic Movement Educator who attended the very first circle in 2011. She reflected, "I had met at least a good handful of longstanding people who have either become practitioners of mine or I have become a teacher of theirs. I didn't even remember some of these connections until recently, so that's a nice history."

Cohen confused me at first by using the term "practitioner" interchangeably when referring to Circle attendees. I thought that this ordained arena was open to anyone with a self-determined predilection to being a healer, teacher, or artist whether or not they have formal training or credentials, so I asked, "As a writer, can I be considered an artist when you, as a bodyworker, facilitate the next Circle?" I also added that I meditate daily. She clarified, "When I say practitioners, I mean that we call it a practice, so those who engage in this meditative practice attend. People are welcome in at any stage of engagement. Nobody need have any formal background as a dancer or athlete."

A true teacher, Cohen helped me understand that the key word to defining a spiritual practice is sustainment. “My work is source material, which may be for art, but also connects me to Spirit. I like to say, ‘It’s when I’m connected to everything and nothing at the same time.’” Her cutting edge vision seeps into your pores, a wellspring of vicarious sustenance. She helped me see that my practice merits inclusion in the Circle, and this was liberating.

> The first gathering in 2011 illustrated the need for a circle such as this one in our community; it brought 80 women together, many of whom sometimes felt isolated.

Each Circle focuses on a central theme that serves as the framework from which we gather to connect, share, teach, and learn. Boyk Rust stated, “I think we have an endless supply of great facilitators in Ann Arbor, so to create days as we have been—bringing different facilitators, different themes, different possibilities together, and open it up for women to come, share, learn and connect—makes it a genuine women’s circle.” I prodded her to go deeper. My work in the Circle had been transformative. She chuckled, “Oh, right. I just assumed that. The work we do is transformative.”

> A Place in the Circle is a safe and welcoming space for women healers, artists, and teachers to meet, share, and celebrate connection in our community.

Many practitioners who have attended the Circle speak to its positive effects. Kimberly Harrison, B.A., M.A., a sound healer and voice teacher, was a participant at her first circle when she met another sound healer who was the facilitator. After the Circle that day, they worked on each other, sharing their sound healing techniques and philosophies with one another. The other practitioner moved out of state soon afterward, and Harrison was recommended to take on her clients. To this day, the two remain friends. Harrison said, “That was an unexpected surprise.” Harrison also facilitated a sound healing circle thereafter, which was when I met her.

Harrison has a spark. She cares deeply and wants everyone to understand that we are all equal in her playing field, even though her training and voice are contenders for national recognition. She won awards for the Best Voice Lessons and Best Performing Arts Business from 2014 to 2017 in Santa Monica, CA, where she was living. Santa Monica is considered a hot spot for the Hollywood and Los Angeles crowd. She said, “It was magical. I worked with a lot of people who were afraid to sing for one reason or another. They may have negative fears of their voice because of what someone said in the past, or some judgment they have made themselves, or because our society at large has these specific ideas about who gets to sing and who doesn’t.”

Ardent about sound healing, Harrison stated, “It's really important we take our voices back. I want people to know that they can learn to sing. Our unaltered unique sound is so much richer than a sound from American Idol. It's really a one-dimensional way of looking at our voices. We need to help each other become more accepting as to who we are.”

Using a visual analogy, Boyk Rust spoke about the power of the Circle. “We once did a spiral dance in age order. The oldest of us was in her 80s, the youngest was maybe 30, and as we spiraled out into a circle, the youngest had an epiphany.” Boyk Rust was careful to protect confidentiality, but she shared what she could. “When the dance stopped, the youngest woman noticed the span of life that passed between her on both sides. Prior to coming that day to the Circle, the youngest woman was feeling like she didn't know what more to do with her life. She reached the pinnacle of her career, and she didn't have a clear trajectory for the future. All of a sudden, she looked around her and realized the embodiment of her future was right in front of her.”

Just by meeting the powerful trailblazers who make up our Circle, I’ve learned a lot more about language, artistry, and myself. The lessons I’ve learned from being part of a circle affirm my wisdom. As a mother, it’s helped me be a healer, teacher, and artist; as a practitioner, it allows me to sustain myself, my writing, and everything else in between. This vortex eases my Catch-22 existence, since its energy is transferrable, professionally, as well as personally. I invite you to my circle: it is a powerful tool, not only for networking, but also for conservation.

A Place in the Circle

A Place in the Circle meets biannually. Join them for a transformative experience October 17, 2019 to share a scrumptious meal and explore the next topic, My Body: Vessel and Vehicle for my Life and Dreams. Presenters will include Stefanie Cohen and Julie Brigham. For more information on the Circle and the upcoming meetings, please visit their page at aplaceinthecircle.net.

Carin Michaels is a writer and playwright living in Ann Arbor.

A Visit with the Women of White Lotus Farms Botanicals

By Tchera Niyego
Photography by Garin Horner

I met Jess Tsomo and Kat Tsomo ten years ago while visiting Tsogyelgar Dharma Center, located on West Liberty Street in Ann Arbor. A few years after that I moved here to Ann Arbor from New York, so as to make Tsogyelgar the center point of gravity in my life. Kat, Jess, and I share a precious and magical bond as disciples of Buddhist Siddha Traktung Yeshe Dorje—the founder of Tsogyelgar Dharma Center. (Editor's Note: For more information about Tsogyelgar, see the Cover Story in Issue #64 of the *Crazy Wisdom Journal*, September through December 2016, available in our archive online at crazywisdomjournal.com)

Born and raised in Ann Arbor, both Jessica Snyder and Katheryn Mitchell Simpson (AKA Kat) legally changed their last names to Tsomo—the clan name within our spiritual tradition.

A significant part of the motivation in doing this interview was a desire on my part to get to know Kat and Jess better. They are utterly charming, genuinely light-hearted, cheerful, modest, and graceful.

Jess makes a full line of botanical skin care products under the name White Lotus Farms Botanicals. Using only the highest quality, all-natural ingredients, she enchants all your senses. From lotions and lip balms to rescue potions and bath bombs, everything she makes not only looks and smells great, but leaves you feeling completely nourished and refreshed.

Kat draws elaborate designs of intricate flowers and animals, prints hand carved blocks on paper and fabric, and makes jewelry and glass beads. She is a drummer and vocalist as well, recording with the band Just a Tourist.

Jess Tsomo

Tchera Niyego: Jess, you combine your experience as an Ayurvedic health practitioner and an organic farmer, to synergistically formulate the White Lotus Farms Botanicals line. Would you please elaborate on how you do that?

Jess Tsomo: Farming is the newest of those things to me. I've liked working with plants for a long time. Since I was a teenager I was really into herbal medicine. I studied on my own and then decided to go to school to study herbal medicine and bodywork. Then I went on to do yoga teacher trainings and study Ayurvedic medicine. I studied at The Ayurvedic Institute in Albuquerque, New Mexico and also worked at the Ayurvedic Institute's Pancha Karma Clinic under the tutelage of Dr. Vasant Lad. So I started with all of that as my basis before actually stopping all of that and just farming full time for six years at White Lotus Farms. So I'm coming full circle now, bringing all those elements in. This last year I haven't been farming much, but I'm going to start growing more, and over time my intention is to grow more and more of what we use in the products, like the calendula flowers that are in the oils, and chamomile, lavender, and other plants that are in all the formulas. My understanding of Ayurveda does inform and influence everything I make in terms of understanding the different energetics that plants have, like whether it's heating or cooling, and in the farm we practice planting with the moon phases, when the seeds are planted, when they're harvested, the biodynamics, that affects the energies of the plants, too, and we've been doing that for years with the vegetables as well.

They are utterly charming, genuinely light-hearted, cheerful, modest, and graceful.

Tchera Niyego: How many people are presently manufacturing the White Lotus Farms Botanicals line?

Jess Tsomo: I'm full time and I have one pretty much full-time helper—who is currently a volunteer. Kat helps me with the soap making which she used to do herself when she worked at the creamery. It's so nice to do that together because we actually took soap making training together years back, and then I stopped doing it to focus on managing the farm, and then she made the White Lotus Farms soaps with Amy, our current creamery manager, for some years. So recently she's been helping me in making soaps. And Sofia occasionally helps (lots of laughter—Sofia is Kat's beloved seven-year-old daughter). I ask for help when I need it (continued laughter) or help is offered when I don't ask, but I develop all the formulas and for the most part make them myself.

And I should mention where I'm learning to make the body care products. I've completed a diploma in organic skincare formulation through a school in England, Formula Botanica, and am in the process of completing the advanced diploma in organic cosmetic science and their certificate in organic anti-aging skincare. I chose a European school to study through as Europe has higher standards and regulations that we don't currently have in the States for cosmetics and skin care production—like safe limits of essential oils in products because too high percentages become unsafe to use. Currently, there are no standards in the U.S. for skin care product regulation. There may be people who make skin care products in the States that have that knowledge and incorporate it in their production, but in terms of any regulations, there are none.

So the formulas that I develop are also informed by what I learn there, and it's not like I just took my farming and Ayurveda knowledge and started making stuff, but there's a lot of learning which bridges all these.

Tchera Niyego: How about telling us your background, Kat?

Kat Tsomo: I grew up in Ann Arbor, and my mother was in the Tsogyelgar community and my father, Edwin Ion Simpson, was an artist, a painter. I went to the Waldorf School, which is very heavy on the arts. From a very young age, I was surrounded by art and encouraged to do a variety of different art forms. I've always enjoyed painting, drawing, photography, printing, working with clay, and jewelry making. All of which are things I still enjoy doing. For a period of about seven years, I took a break from drawing and painting while I was mostly making jewelry: earrings, necklaces, rings, mainly using wires. Then a couple of years ago, I made a card for one of our friends. It was an ink drawing of a pug face filled in with flowers. That was the first one that I did in this style—floral drawings filling the shape of something else—and I've continued doing it since. During the last year or so I've also been hand-carving linoleum rubber blocks and block printing on paper and fabric.

From lotions and lip balms to rescue potions and bath bombs, everything she makes not only looks and smells great, but leaves you feeling completely nourished and refreshed.

Jess Tsomo: I didn't realize that pug was the first of that style, that's cool.

Kat Tsomo: I had an hour and a half before his birthday party, and I hadn't made a card yet (laughing). I had the flu, so I sat in my room and drew it really fast. I think my best drawings come in a time crunch when there's a deadline for a specific event, and it's a lot harder for me to do them in a way that I actually like if I have a lot of time to get them done. And it has to be a deadline that I feel strongly about, (laughing) not like "next Wednesday"...

Tchera Niyego: I've seen some of your father's paintings. Would you say that you've picked up some of your ways from him.

Kat Tsomo: He did paint, but he also did a lot of ink drawings. Sometimes he would paint first, and then he would use a ballpoint pen over the top, or he would use embroidery floss and glue it down on the paintings to create textured surfaces. It definitely influenced the way I thought about art as a child. He was pretty much always making art. He painted on downtown Ann Arbor shop windows, too; I'm not sure if his paintings are still inside Palio's on Main Street.

Tchera Niyego: And your line drawings are on all the White Lotus Farms Botanicals' labels. Do you make them specifically for the labels?

Kat Tsomo: Yes, it started with the idea for a drawing of a flower bouquet in a botanical beaker with different products that Jess was planning to make inside the beaker. This was before the Botanicals line was even produced at all.

Jess Tsomo: Yes, I was just starting the class.

Kat Tsomo: I wanted to make her this drawing as a surprise when she first started, trying to incorporate flowers that she'd mentioned for having in the products, like lavender, calendula, and mint. Later when she was working on the labels and the banners that go to different markets, a lot of the flowers from that drawing were used. That's how I started doing drawings of the plants specifically for the labels.

Beauty, for me, is more of a feeling state. I strive to put a lot of attention, love, and care into the beauty and skin care products that I make.

–Jess Tsomo

Tchera Niyego: And one of your drawings is on the band Just a Tourist's CD with whom you also record as a drummer and vocalist.

Kat Tsomo: Yes. Just a Tourist is three women in our Sangha. They do all of the music and editing for the JAT albums. I have sung backup vocals on a few tracks, and once I played congas on a track that was on a drum album (by Chen). On their fifth album, titled “Half Covered Heart,” I did the artwork that is on the actual CD, not the case, but on the CD.

Tchera Niyego: How would you define beauty and art?

Kat Tsomo: I want my art to be something that, first of all, I enjoy doing, that brings me joy to do because it has meaning to me, but also to be something that expresses beauty to others, to whoever might encounter it. Although that's not why I'm doing it (laughing). That is to say I'm not doing it as a way of impressing someone else. Art is often very frustrating, but that's also just part of it, I think. I would say that

continued on page 18

art in the garden:
FALL POETRY READINGS AT WHITE LOTUS FARMS
CAMILLE DUNGY & SUMITA CHAKRABORTY
September 12, 2019: 7-9pm.
CARL PHILLIPS & A.VAN JORDAN
September 26, 2019: 7-9pm.
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photo: Dan Leak
White Lotus Farms poetry programs are made possible with support from the Michigan Council for the Arts and Cultural Affairs, One Pause Poetry, the Zell Series, Lotus Gardenscapes, and generous community donations.
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Kat Tsomo

I want my art to be something that, first of all, I enjoy doing, that brings me joy to do because it has meaning to me, but also to be something that expresses beauty to others, to whoever sees it and might encounter it.

—Kat Tsomo

White Lotus Farms Botanicals

continued from page 17

because I am very religious, I try to make that a big part of everything I do and how I am as a person and toward other beings that I encounter. I try to bring the qualities that I cultivate in my practice of mindfulness and of joy, loving, caring, and attention into whatever art form I'm working on.

Jess Tsomo: I feel the same way in regards to striving to bring the qualities I cultivate in my religious practice into my work and the products I make. Beauty, for me, is more of a feeling state. I strive to put a lot of attention, love, and care into the beauty and skin care products that I make, and intention around the fact that someone is going to be using that product. I wish that it benefits them in some way, either that they like the smell or it helps a skin condition—or whatever the benefit might be. I really love my work, and I'm passionate about it. I produce in very small batches, too, depending on the product; like the hand balm, and the BB potion is a product I make once a month, so it's pretty fresh. Because it's made on a smaller scale, there's more care and attention that I'm able to put into it. So in my view, beauty, the way I find beauty, is more of a feeling state, if that makes sense.

Kat Tsomo: It causes a reaction in terms of feeling.

> **There is endless beauty to explore and be exposed to.**
>
> **–Jess Tsomo**

Tchera Niyego: I think it makes a great binding point with not making art "for others" but since it creates certain feeling tones, that it serves to dissolve the boundary line of "other." How about your influences. Any artists you were influenced by?

Kat Tsomo: I would say a big influence for me is nature. Prior to doing these sort of floral drawings, my phone would literally have 4-5000 photos of flowers for each summer (laughing). That's pretty much all I take pictures of when the flowers are blooming. The gardens here at Tsogyelgar are amazingly beautiful from early spring all the way through the fall, and being here and having lived here almost all my life, that is always inspiring. I do like to look up people that do similar styles of work to get new ideas for things that I'm working on or different sea creatures and kinds of plants—life from around the world that I don't necessarily see here. When I find a flower particularly difficult to draw, I look at how other people have illustrated them.

Tchera Niyego: How about your influences, Jess?

Jess Tsomo: Nature is also my main influence and inspiration. There is endless beauty to explore and be exposed to. I am very fortunate to work on the Tsogyelgar property so being surrounded by nature's beauty and magic is an everyday opportunity for me.

Tchera Niyego: You mentioned that when you first bought the cabinet at your lab, way before you started making the Botanicals line, you had envisioned it holding your beauty products.

Jess Tsomo: Yes, at that time, maybe around three years ago, I was managing the farm, and there was no plan for me to do skin care products. But even as a teenager I would make body oil blends, and I had a love of making things with plants. In terms of where I even came up with thinking I would have little jars of products in the cabinet, I don't really know (laughing). I bought the shelf, and at the time I had books in it.

Kat Tsomo: Didn't you have seeds in it for a while?

Jess Tsomo: Oh, yes, I kept all the seeds for the farm in there at that time. Bins and jars of seeds. And now I keep jars of essential oils, clays, and other ingredients I use in the skincare products—even some seeds which I grind or infuse into oils that go into the products!

Tchera Niyego: Do you design the bottles and packaging as well?

Jess Tsomo: I choose the packaging. I spend a lot of time looking at packaging and thinking about packaging. I'm always looking for stuff that is unique. I do try to pick environmentally friendly packaging like the glass bottles instead of plastic for the lotions and the bamboo lid for the hand balm. I love Kat's botanical drawings so I knew I wanted those to be incorporated into the labels from the start. A few different members in our sangha have helped with designing the labels and bringing them into fruition.

Tchera Niyego: So, it's all made in house?

Jess Tsomo: Yes, it's all in-house. It's all people from this community that have been a part of making it. It's sweet, there are people with different skills within the community, so I've been able to draw from that, and it also feels more meaningful because I would prefer to have someone that I know and love help with the creation of the artwork on the product. It has more meaning to me that way, and that meaningfulness is also infused into the product that others purchase and use.

Tchera Niyego: Do you sell your products at farmers markets?

Jess Tsomo: We sell at the market in downtown Ann Arbor on Saturdays and also on Wednesdays from May through December. We do the Eastern Market in Detroit on Saturdays, and we have our farm cart on the farm on Saturdays, too. We are also at Argus Farm Stop in two locations in town. Nicola's Bookstore and some other stores are also in the process of bringing our products in. And I have an online Etsy shop. So the business is a combination of local markets, a couple of stores, online, and at the farm.

Tchera Niyego: What are you working on right now?

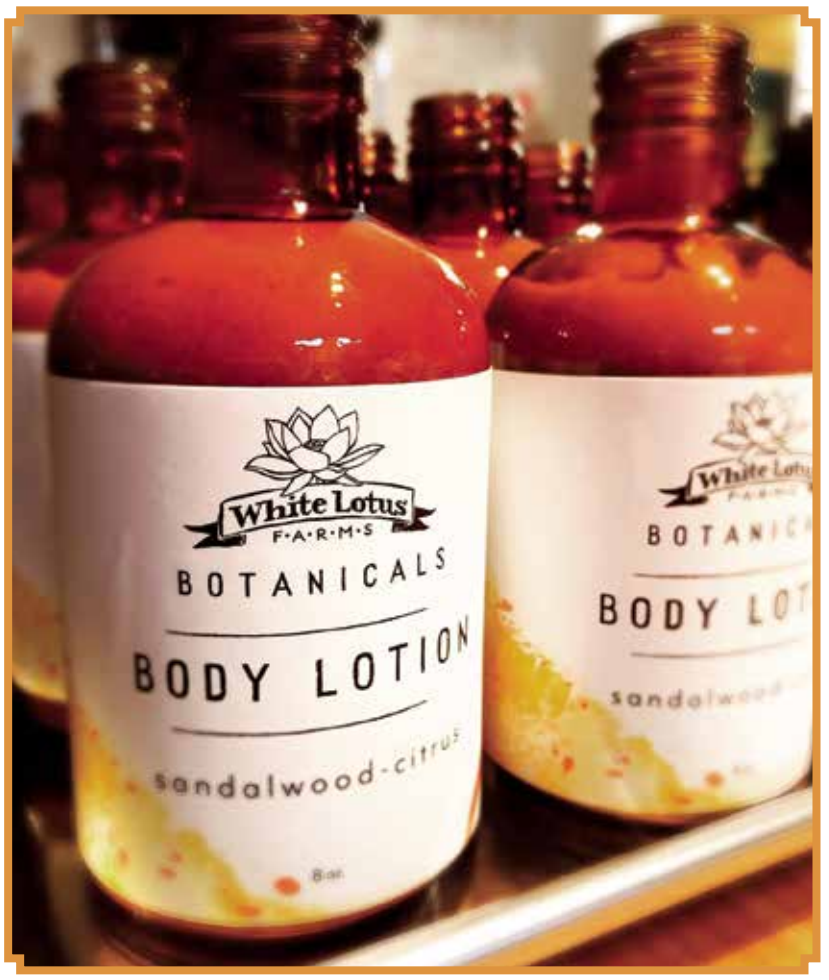
Kat Tsomo: What day is it? Sunday, oh... (laughter) I'm currently working on a drawing that I'd started a couple of years ago and gave up on and came back to because it wasn't done. It's a hibiscus flower. It's getting close. That's what I've been working on in the last days.

Tchera Niyego: White Lotus Farms offers classes on cheese making and bread making. Are you also teaching, Jess?

Jess Tsomo: Yes, I do intend to offer some classes. Maybe soap making and bath bomb making, I haven't yet decided exactly what, but there will be some classes starting in the winter. I'm currently doing some private yoga classes, but I don't teach public classes anymore. I stopped that when I started farming full time, but even when I did teach, I preferred to do smaller, more therapeutic sessions.

Tchera Niyego: Soon we can learn to make our own beauty products then?

Jess Tsomo: Yes, which will be fun. That's how I got started. I remember doing an avocado face mask as a teenager, and I had some reaction to it, even though I can eat avocado, and avocado oil is actually an amazing oil for the skin! Perhaps it was a conventionally grown avocado with pesticide residues. I used to be into all that; my grandma was into all that. She made her own face cream up until she



died at the age of 104! I was 13 and going to school with a face rash from putting mashed avocado on my face (laughing). We won't do that in the class but we'll make something.

Tchera Niyego: How about we close with you telling me what the last two things you typically do before going to sleep are?

Jess Tsomo: I say prayers. There are prayers and practices in our tradition that are done before going to sleep, so I'm usually doing practice and prayers.

Kat Tsomo: Same. (laughing)

Jess Tsomo: Brush my teeth and say prayers.

Find White Lotus Botanicals online on Facebook @whitelotusfarms and on Instagram at @whitelotusfarmsbotanicals or shop White Lotus Botanicals on Etsy at etsy.com/shop/WhiteLotusFarms. Find more of Kat's art on Instagram @ kitty_kat.art. *Visit the White Lotus Farm Cart at 7217 West Liberty Road, Ann Arbor on Saturdays from 9:30 a.m. to 1:30 p.m. For more information give them a call at (734) 707-1284.*

Tchera Niyego is a writer, designer, actor, and curator. Her essays, articles, reviews, and editorial spreads have been published in publications such as Art of Living, Marie Claire, Harper's Bazaar, NY Arts Magazine, Art Fairs International, and Artery NYC.

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"BodyMind coaching is different than straight up massage work, because we get super connected to what emotions are there, where they live, what they are doing to the body, what they are trying to communicate to us, and how to use them for our transformation into our best selves."

Hands on Heart Healing with Julie Kouyate

By Sara Vos
Photography by Hilary Nichols

I heard of Julie Jaffray Kouyate before I ever met her. Or rather, I heard of her and her people.

Several years ago I was walking through the U-M Diag one warm summer evening and stumbled upon swathes of barefoot dancers undulating to the rhythms and harmonies of a large drumming crew. I was in awe of these powerful dancers and drummers, and the ways they all seemed to harmonize with joy, pleasure, and sincere effort that flowed from their hearts and was expressed through their limbs.

She told me that working together would be different from therapy or bodywork, but a kind of combination of mind-body-spirit-energy work resulting from what presented in the moment.

I found out that Julie has helped to organize that ongoing drum and dance class on summery Thursday evenings on the University of Michigan central campus. In case you're interested, the class is open for new participants—all are welcome (contact Julie for specifics). Both the drummers and the dancers make very strenuous work seem humorous and playful, with 1,000 watt grins and a palpable back and forth between the ones who move to the beat and the ones who create the sound. Shoes optional!

Fast forward some years and I had the opportunity to connect with Julie in her role as a healer (aren't many wise, strong, dancer women healers of some kind?). She told me that working together would be different from therapy or bodywork, but a kind of combination of mind-body-spirit-energy work resulting from what presented in the moment. Even before we started, our session together had opened me up to new possibilities.

Julie's work takes place in a beautiful space on the second floor of an unassuming office park in west Ann Arbor. Stepping into her office is a healing experience. For those who are seeking to connect with the qualities of the Divine Feminine and Mother, those energies were apparent to me, in a felt-embodied way, when I walked through the doors of the richly-hued center.

Within five minutes of sitting down to talk I could feel myself on the verge of tears. Thoughts and feelings that I had been suppressing for months and years were bubbling to the surface. I could feel them asking for expression through my belly, my heart, and my throat. Julie guided me through a gentle exploration of questions with curiosity, masterfully reading my body language, pointing out ways I was gesturing with my hands, holding my head, and making eye contact. She illuminated long-held tension patterns of which I was previously unaware, but which were obvious to her immediately, just by observing my structural alignment and mannerisms.

I found myself processing long-held grief—for my mother's death from drawn out lung cancer, for my sister-in-law's sudden and tragic death from undiagnosed heart disease—and grieving even more the ways that I, and we collectively, do not know how to tend to our relationships with those who have passed beyond this world. In a nonjudgmental way, Julie allowed me to work through what it was that I thought I needed, so that my own inner wisdom could guide the session. As Julie listened to my heartache, she provided gentle suggestions for action steps based on what needs were arising in the moment.

Through it all, I felt safe to move through and express my needs and my unresolved emotional pains, which is huge for me. Because of Julie's expertise with the ways we hold and carry tension in our bodies, she was able to cut right to the center of some of the pains and stresses I was carrying. I felt seen and understood. I felt held. And once the talking portion of the healing session had reached a stage of completion, it was time to move to the table for bodywork.

As she anointed her hands with rose oil and began meticulously rubbing the rose oil into different pressure points around my heart and upper chest, I had the distinct sense that she has been doing this kind of work for lifetimes. Whether or not that's true, I observed years of grief melting under her hands and being resolved through the release around my heart and lungs that she was guiding with her hands. When the session was over, she left me with a clear action plan of what steps to take next to continue the grief release, including feeling the space in front of and behind my heart like a wide, spacious tunnel.

...I observed years of grief melting under her hands and being resolved through the release around my heart and lungs that she was guiding with her hands.

I walked out of her office with a new gait, feeling very surprised but also elated. How had I, someone who thinks of herself as relatively guarded, felt safe enough to process years of grief with a relative stranger? How had she been able to listen and respond so effectively to what was arising, moment to moment?

I noticed myself taking deeper breaths, walking taller, with colors in my immediate surroundings appearing more crisp and vibrant, as if their outlines "popped" a little more than before the session. Is this what Julie meant when she said, "Learning to live with our heart open changes our world"?

Is this the power of skilled professional healing? How much inner preparation work do we need to do in order to be ready for immediate shifts while healers hold space for us? My session with Julie showed me that I cannot talk my way into an open heart using only my mind and thoughts, no matter how badly I want to be embodying open-hearted living. Based on my experience, it seems possible that this applies to others, too. It seems that we need to be able to embody an open heart physically and energetically, and that when we do, the ways we perceive our world change fundamentally.

"When one person connects back into their wholeness and contribution to the world, the world and her peoples delight in the birthing of that person's vision."

Because it was only one healing session, my description may seem excessive or exaggerated, but heart opening is one of the gifts that Julie offers. Perhaps the conditions were ripe in my life for me to have the results I did, and to see and experience Julie as a steward of the Divine Feminine. I can't say for sure that everyone will have similar results. Regardless, I'm still walking taller. I am breathing deeper. I'm in continuous conversation with my beloved ancestors and family members in a way that I was not before my session with Julie. I'm experiencing life through the portal of a heart that is more deeply open to love, which is different, fun, and a bit vulnerable.

Healing Heart Sacred Sounds
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I was curious to learn more about why Julie chose this path, so I asked her about how she came to cultivate her craft and calling.

Julie is a licensed massage therapist and alumna of Irene's Myomassology Institute. She graduated in 1998 and has been in practice for nearly 20 years. She became nationally certified soon after graduation. She has completed much continuing education to maintain her license. Recently Julie completed a year-long program with the founder of BodyMind coaching, Laura Wieck, and became certified as a BodyMind coach in the process.

"I've spent 20 years in the field doing therapeutic body work and have witnessed the stories of thousands of peoples' bodies, including how stress and dis-ease translate into the tissues. BodyMind coaching is different than straight up massage work, because we get super connected to what emotions are there, where they live, what they are doing to the body, what they are trying to communicate to us, and how to use them for our transformation into our best selves," Julie said.

She went on to describe how her process moves the energy of the emotions to shift habits and patterns from a stress response to ease, and to help people shift out of old belief structures into new ones by literally rewiring the body and the mind. She also offers BodyMind coaching and personalized action plans to help keep clients accountable for creating their desired lives.

"The uniqueness of BodyMind coaching is that it's not all about only creating a mindset shift. Touching the body with expertise and awareness is a different experience, and more impactful to the work of coaching," explained Julie. "Transformation is key to evolving each and every day. Taking that step with the assistance of a skilled BodyMind coach makes the journey playful, enduring, and impactful to the client, but it also ripples out into their families, their work life, their sacred connection, and to the whole world. When one person connects back into their wholeness and contribution to the world, the world and her peoples delight in the birthing of that person's vision."

Find Julie at Kouyate Healing Arts, 1829 West Stadium, Suite 300, Ann Arbor (corner of Pauline and West Stadium). Julie offers 3, 6, and 12 month programs, as well as signature playshops, retreats, VIP days, and dance classes with live drumming. Learn more about her offerings, including the BodyMind coaching program, at kouyatehealingarts.com, or call (734) 330-7903.

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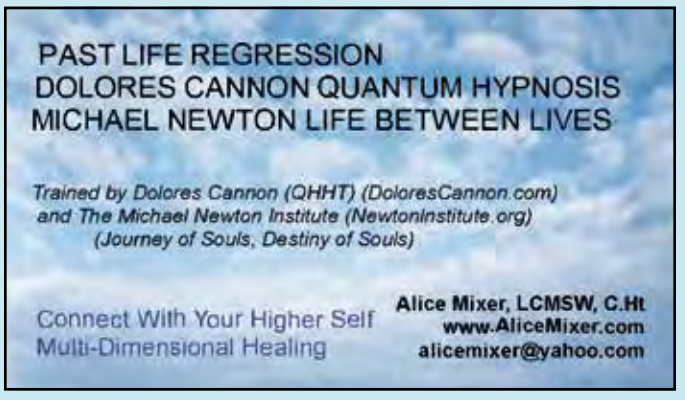

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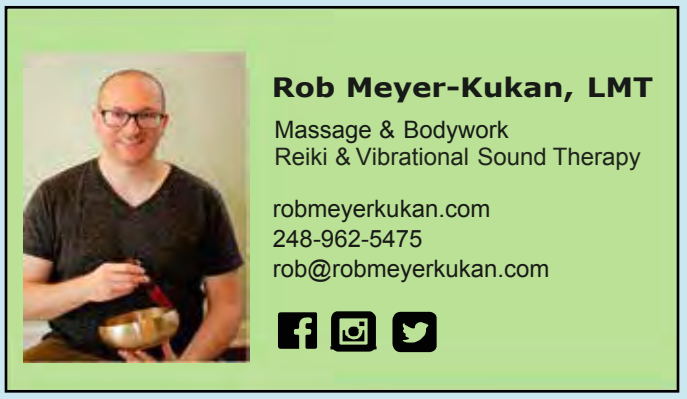

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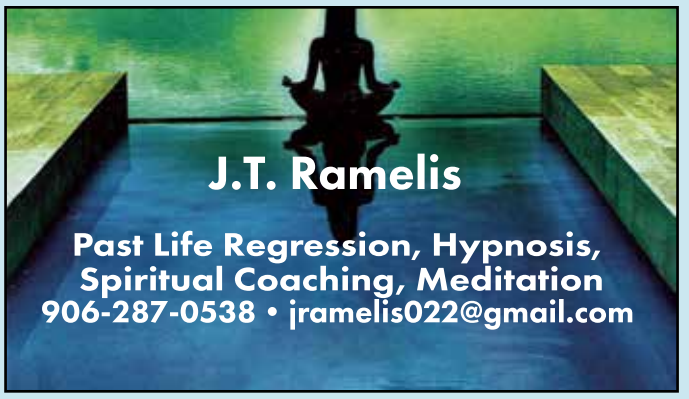

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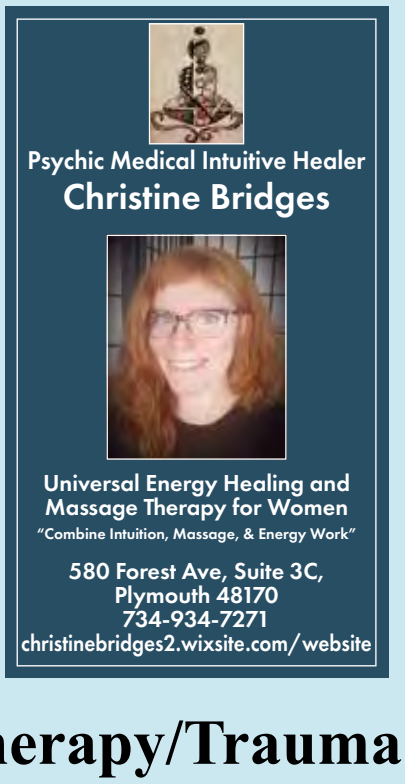

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CRYSTA GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.

Chakra Balancing with Sharon Marie Lawlor

I have heard much about chakras. They are associated with certain parts of the body, specific colors, and stones. Recently I learned that, chakras sometimes become blocked. In order to learn more about the importance of having chakras in balance, I turned to local healing arts practitioner Sharon Marie Lawlor of Tranquil Being, where I experienced a chakra balancing session.

Tranquil Being is located away from the frenetic energy of downtown, on Ann Arbor's west side. On my visit, the surrounding area was peaceful and verdant (especially after generous spring rains). Lawlor greeted me warmly, and we chatted about the process and what I might expect. As with other forms of energy healing, every experience is unique to the individual. Some feel warmth, bursts of emotion, the resurfacing of memories, or other images or sensations.

The chakras are, from bottom to top: root, sacral, solar plexus, heart, throat, third eye, and crown. Lawlor told me to think of the chakras as a flow of energy. If one chakra becomes blocked, the flow is interrupted, which can manifest in a myriad of ways, including physical pain, fatigue, and feeling "emotional, unbalanced, or ungrounded." According to Lawlor, when aligned, we feel more "ease, grace, and alive." Balancing the chakras is "smoothing out the energy" so there is easy flow again.

Since Chakra balancing is not a body massage, it is done fully clothed, though, like a massage, I laid face-down on a comfortable padded massage table with a blanket overtop. I immediately felt warm and cozy. Peaceful music played in the background.

Lawlor placed stones associated with the seven chakras along my back. About halfway through, I turned over onto my back, and Lawlor placed a cloth over my eyes, which made it easy to lie peacefully and immerse myself in the experience. Lawlor started with the root chakra and worked her way up to the crown, placing her fingers lightly on each spot as needed and utilizing sound healing with the gentle chime of Tibetan singing bowls. Lawlor said she feels "guided" while her clients are on the table, and draws on the many energy healing techniques she has learned in her fifteen years of study.

During the experience, I felt isolated spots of intense warmth while Lawlor moved from chakra to chakra, and I saw flashes of colors and the occasional fleeting image behind my closed eyelids. I also felt profoundly relaxed, supported, and connected to the world around me.

Upon arrival, I had said that my body felt like a tightly coiled spring, and I struggled to relax, often feeling restless. After the experience, I felt like that spring had unwound, and I felt more grounded in my body. Lawlor shared that her goal as a healer is to "help people tap into their own power," and I did feel more focused and in tune with my personal goals in the days following our session. I also slept a solid eight hours that night, which is unusual for me.

As with other forms of energy healing, every experience is unique to the individual. Some feel warmth, bursts of emotion, the resurfacing of memories, or other images or sensations.

Lawlor was a great listener and knowledgeable about multiple practices. She genuinely wants to help her clients meet their goals and become their best selves. This was a wonderful session that opened up my mind to new knowledge and a refreshing, peaceful experience.

To learn more or make an appointment with Lawlor, visit tranquilbeing.com, email connect@tranquilbeing.com, or call (734) 761-8753.

Handcrafted Fairytales and Branislava Dragovic

Branislava Dragovic was raised in Belgrade, Serbia and emigrated to the U.S. in 2006. "I first lived in Los Angeles for about a year, and I didn't feel like I really fit in, so I moved here to Ann Arbor with the hopes of continuing my studies in literature and language," she shared with me. "Soon after I arrived in Ann Arbor I connected with some people from the U-M Department of Slavic Languages and Literature, and through them I met my future husband. Actually, on one of our first 'dates' we ended up at Crazy Wisdom drinking tea and playing chess!"

It was in Ann Arbor, via the Rudolf Steiner School of Ann Arbor (a Waldorf school) which her children attend, that Dragovic was introduced to needle felting. "Waldorf early childhood education has an emphasis on storytelling, fairytales, and imaginative toys made of natural materials (including felted wool)," she said. "Experiencing this led me to rediscover the fairytale spirit of my childhood and inspired me to start creating small pieces of art for my children."

Dragovic is self-taught, "learning from various books on needle felting and other techniques." She is also unscripted with her creations. "My pieces start with a vague idea, and I just start working with my hands and see where it goes. I often end up with a piece that is completely different than I thought it would be!"

Her creations are delightful and warm my fairytale-loving heart. The little animal-people and fairies holding hearts are so sweet, and the mother holding her child is perfect as a gift or decoration for a child's room. Each figure comes with a hoop for hanging; they are not intended as toys.

It was in Ann Arbor, via the Rudolf Steiner School of Ann Arbor which her children attend, that Dragovic was introduced to needle felting.

"I make my needle felting pieces from natural materials like Merino wool, which I buy at a local small business here in Ann Arbor," Dragovic added. As for inspiration, she said, "My creativity is inspired by the people around me that I love and feel a connection with."

But she expresses her creativity in several ways. "My favorite way to express my creativity is through my needle felting work, and other crafts, including wooden peg doll characters, watercolor (a new passion of mine), and beeswax candle-making." Dragovic is also passionate about theatre. "I have been fortunate to be a part of two recent productions at The Purple Rose Theatre in Chelsea: *Diva Royale*, a world-premiere play by Jeff Daniels; and *All My Sons,* a classic by Arthur Miller; both directed by Guy Sanville. I am also excited to continue further theatre education this summer through Michael Howard Studios in New York, with British voice coach, author, and theatre director Patsy Rodenburg."

In addition to selling items in her Etsy shop LuMiVa, Dragovic's creations "can also be found at the Rudolf Steiner School of Ann Arbor store (located in the Lower School) and FOUND Gallery in Kerrytown." Dragovic also has a terrific photographic eye and maintains a great Instagram account @rudakovic80 where you can find many of her most recent creations.

Find Branislava Dragovic and her creations online at etsy.com/shop/LuMiVa and www.instagram.com/rudakovic80.

Christine Fodor

Local energy medicine specialist and creation coach Christine Fodor became interested in alternative health therapies after she "had many health challenges starting at a young age." She told me, "Western medicine just gave me drugs and no real solutions. I began searching because I knew there had to be something else out there. I found energy healing and alternative health therapies which really helped me. I thought to myself, people need to know about this stuff! So I began to study for myself and then share with others."

While Fodor is certified in several modalities, I was particularly interested in Access Consciousness®, which I had not heard of before. As Fodor explained, "Access Consciousness® is a set of tools and questions to help you become more aware, conscious, and change things that you haven't been able to change so you can live a greater life. Some of the tools include the Bars®, Facelift, and Body Processes. These are hands-on modalities to help the body shift and change."

As for what these processes mean, Fodor elaborated, "The Bars® are 32 points on the head that represent different areas of your life and when touched release old thoughts, attitudes, and beliefs that can limit your life and living." This is called getting your Bars run and can be a very relaxing experience, "like you just had a great massage," with life-changing results.

With several disciplines in her arsenal, Fodor is in a position to really personalize a client's experience.

The Facelift, more physical in results and technique, "rejuvenates and reverses the appearance of aging…. It's a nurturing and relaxing way to look and feel younger without surgery or injections." Fodor said, "For me it feels like a whole body lift, or lifelift, with more energy and vitality."

As for the Body Processes, there are over 50 that "facilitate the body to change and transform and invite healing." Some of the "popular ones" that Fodor teaches are Correcting Vision, Functional Body Balance, and Zero Sum of Trauma.

Fodor was introduced by a healer friend to Access Consciousness® years ago, but she didn't follow it. "Years later, [another] friend started using it with me, introducing me to … Access Consciousness® tools other than just the Bars®. The Bars® is one of the hands-on modalities in Access Consciousness®, and one of the most valuable in my opinion, but it's the other tools that can be used in everyday life that made an impact on me." She noticed an immediate change and began studying in 2012.

Now, she told me, "Access Consciousness® tools for me is an everyday all day way of being. Those who use the tools in this way usually change their lives for the better. It's like positive thinking and the power of now with living meditation and lots of fun and more laughter."

With several disciplines in her arsenal, Fodor is in a position to really personalize a client's experience. "With all sessions, I wait for that specific day and time with my client to choose the type of session or modality for what they are asking to help, change, or create. And some clients already know that they would like a specific modality. Sometimes in a session we talk and do clearings, sometimes there is silence and a deep meditative state. We follow the energy for the best and highest good in the moment."

To learn more or make an appointment with Fodor, visit renewalhealth.net, email renewalhealth@outlook.com, or call (248) 444-7408.

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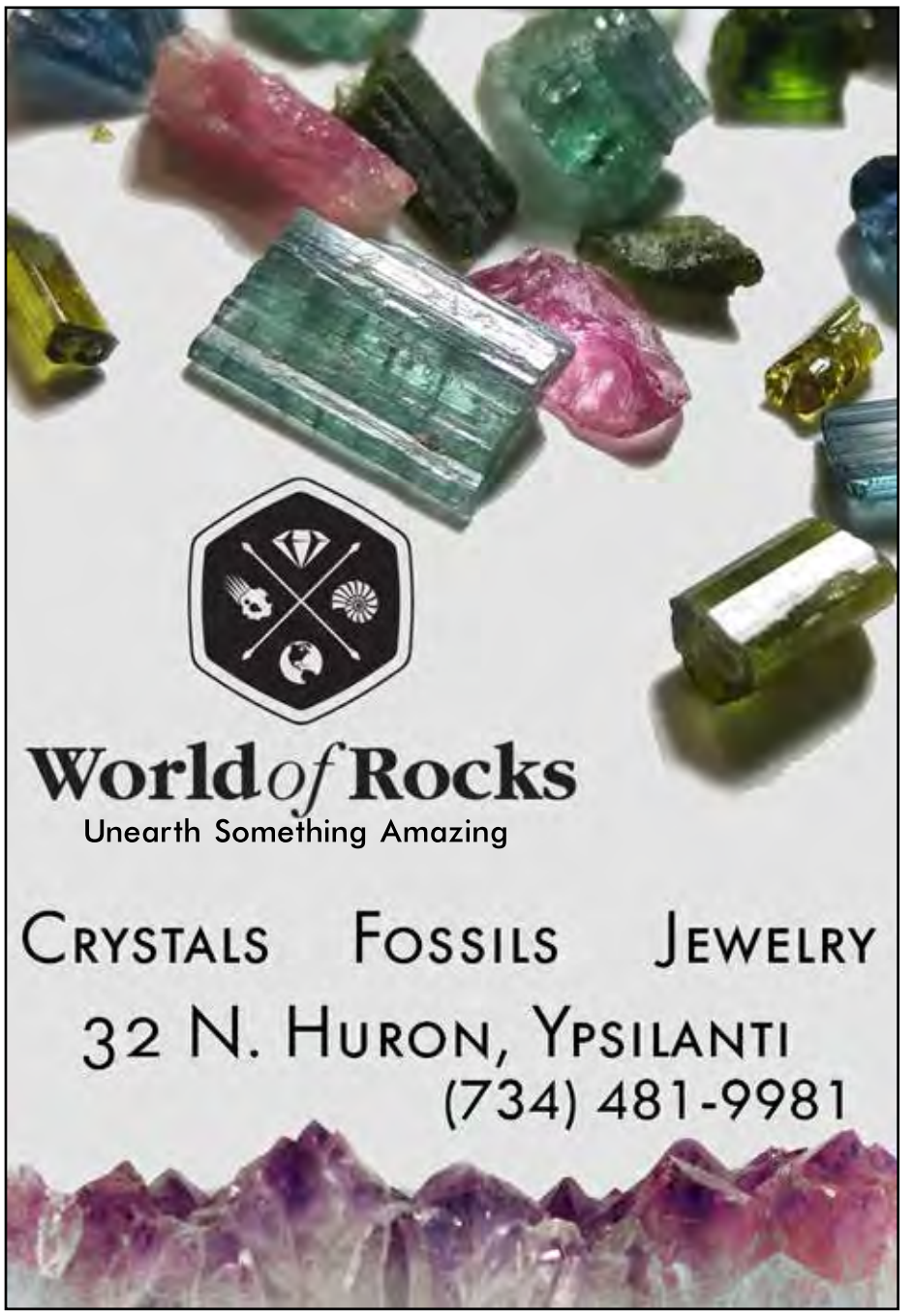


LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

By Tracy Scherdt

This column is a look at brave souls who have taken a leap of faith to open their own businesses in and around Ann Arbor. What follows are personal profiles of business owners following their dreams and thriving despite the odds.

thrive juicery: Thriving in Ann Arbor

Unlike many new business owners, Anna and Andy Mignery, the power partners behind Thrive Juicery in Ann Arbor, opened their juicery not because they were interested in starting a business, but because of their experiences juicing at home with their children, where they found amazing health benefits for the whole family. A juicery was something the Mignery's agreed was missing in Ann Arbor, and together decided that the benefits were too great not to share with their local community. In other words, they want Ann Arbor to *thrive* with them!

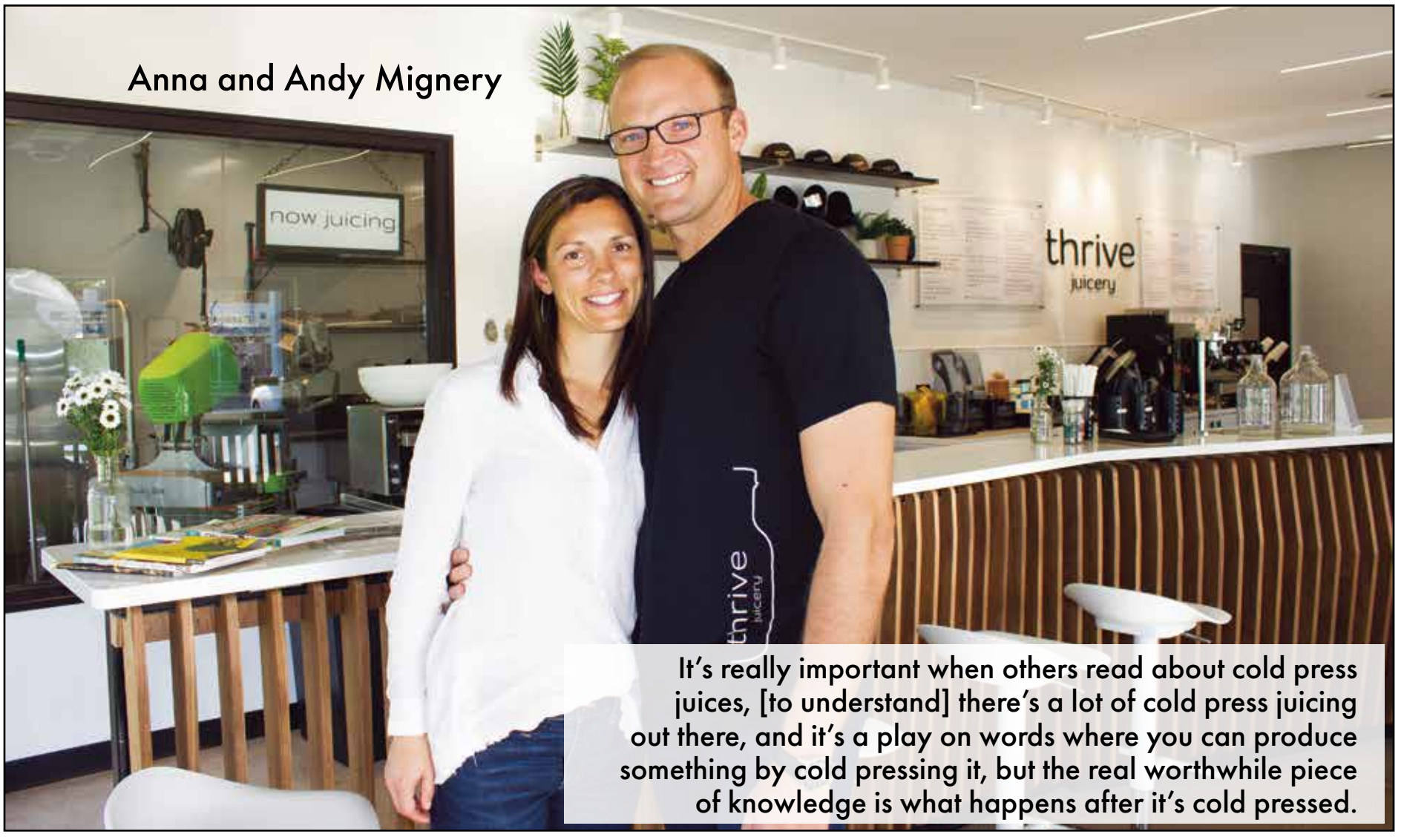
The Mignery's have always enjoyed living healthy lifestyles and introducing their children to the same. The two met in college, at Ann Arbor's own University of Michigan, where Anna ran track and Andy was on the football team. While a healthy, active lifestyle was their foundation, their health journey took on a more urgent motivation when Andy was diagnosed with a cancerous carcinoid active tumor in his right lung at age 37. Andy spoke humbly of this experience, saying, "It was wreaking havoc throughout my body. Luckily, I was able to put together a great team of physicians here in Ann Arbor, where I was diagnosed and had surgery, losing over half of my right lung. I've been able to live through it, but through this journey, I had to put the brakes on life and figure out what I *can* control." He understood that being thoughtful and deliberate about what one consumes is an aspect of life you have some control over. He continued, "So we did tons of research and, when you're faced basically with death, you figure it out pretty quickly. For us, it was cold press juicing along with just doing a 180 diet-wise from the typical American diet (a highly acidic diet), and we really wanted to stay hydrated, consume low refined sugars, low breads, and really focus in on consuming so much more green vegetables. I'm down over 60 pounds, I feel unbelievable." With a smile on his face, he happily reported, "I've been able to beat what was thrown my way. It was a very difficult journey, to say the least, but Anna was right there with me every step of the way."

The two met in college, at Ann Arbor's own University of Michigan, where Anna ran track and Andy was on the football team. While a healthy, active lifestyle was their foundation, their health journey took on a more urgent motivation when Andy was diagnosed with a cancerous carcinoid active tumor in his right lung at age 37.

Anna, right on cue, jumped in to say, "We ate vegetables anyway, but now we consume far more because we really believe that that is the key to being healthy. But, you can only eat so many salads, right? You can just only consume it [salad] so many ways, so when we found juicing it was like, *'Oh! This is good and it is really easy.'* Especially with kids, this is a no brainer." In this last comment lies one of the primary reasons that the Mignery's pursued raw cold press juices over other diet changes they could have made to increase their intake of vegetables—it is as delicious as it is easy, and a sneaky source of superfoods that even their kids loved.

In their own exploration of cold press juicing, they learned a lot about best practices, as well as what you're getting when you go to a grocery store and pick up a "cold pressed" juice. Andy explained, "It's really important when others read about cold press juices, [to understand] there's a lot of cold press juicing out there, and it's a play on words where you can produce something by cold pressing it, but the real worthwhile piece of knowledge is what happens after it's cold pressed. We don't add anything to our juice, and it's imperative to have individuals understand that. We don't add water, we don't add heat to it, we don't boil our juice, we don't put sugary syrups in our juice." Andy spoke passionately about this, and Anna lended herself to finish his thought, "So, cold press is kind of this buzz word, you'll see it on olive oil, you'll see it on all sorts of products. It's called cold press because there is not any heat exposure, like in a blender, heat is exposed to the produce and then it starts to

Another thing that sets Thrive juicery apart from others is their commitment to sustainability. They only use glass bottles, never plastic, and they have a recycling program for these glass bottles as well as the jars they sell their to-go salads in.



Anna and Andy Mignery

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oxidize immediately, but the important part is not *only* that it's cold pressed, but that we don't pasteurize it afterward. So, for this product to be sold, if we were to buy a cold pressed juice at Whole Foods or any other grocery store, if it's not juiced in house, it has to be pasteurized."

Food law also doesn't require that companies put "pasteurized" on their products, but Andy and Anna learned two big "tells" of pasteurized juices that they wanted to share. "You know immediately if it's in a plastic bottle. You can't pasteurize in a glass bottle or it would shatter. Also, if your shelf life is 45 or 90 days from now, you know," said Anna. She added to this, explaining why Thrive is unique in the world of juiceries, "Here, our shelf life is four days, and we *choose* to shelf for four days because you get the most nutritional benefit the sooner you have it. The health department would allow us to stand nine days, but we choose not to. And we have a clientele that supports us. We have a hard time keeping up making enough juices as it is, but we want our customers to have the best and most delicious juice. We could make a lot more juice and sell a lot more juice if we decided to extend our shelf life, but that's not our mission, so we don't do it. And that's what sets us apart from what you might buy in a grocery store for the same price point or at other juiceries."

Another thing that sets Thrive Juicery apart from others is their commitment to sustainability. They only use glass bottles, never plastic, and they have a recycling program for these glass bottles as well as the jars they sell their to-go salads in. Customers receive 25 cents for each bottle or jar returned. They also donate their excess pulp back to local farms, because in the process of juicing, a lot of pulp is made from the produce that has gone through the juicer. Thrive Juicery takes pride in their reciprocal relationship with local farmers in buying their seasonal produce (and therefore curating their menu seasonally), as well as sharing their nutrient-rich pulp with the growers in this community.

In addition to offering eight raw cold pressed juices, which each have three to four salads worth of vegetables and fruit in each bottle, Thrive Juicery also sells ionized alkaline water by the jug. As a health-focused business, they only put on the shelves what they are most passionate about providing. In their quest to learn about cold pressed juicing, they found the health benefits of ionized alkaline water and decided to start a re-fillable jug offering program as well. Ionized alkaline water has strong antioxidant properties that attach and neutralize potentially harmful free radicals in the body. But, as with cold pressed juice, the quicker you consume it from when it is ionized, the greater the health benefit. Which is exactly why the Mignery's have such a successful ownership of their mission—they are making people *feel good* and often feel better than they did before. Anna warned of this positive change, "You don't know that you don't feel great until you do it and you're like, '*oh my gosh!*'" Andy agreed, "You can tell the difference. It's very calming."

From raw cold pressed juices and smoothies, to ionized alkaline water, toast, and salads to-go, Thrive Juicery is an amazingly convenient place to grab an on-the-go healthy and fulfilling treat. And in keeping with their mission of providing a convenient way to enjoy superfoods rich in nutrients and antioxidants, the Mignery's have been awarded an opportunity to open a second storefront in downtown Ann Arbor, hoping to access even more of the Ann Arbor community with the benefits of a "thrive diet"—transparent ingredients (you know exactly what is in your juice or smoothie), raw, and unpasteurized. This second location will be at the corner of Liberty and Main Street. Andy spoke passionately about the future development, saying, "We're so excited. We feel like it's meant to be almost. And we've only been open six months!"

As independent business owners, the Mignery's have had a very exciting six months, and they are looking forward to the future of Thrive Juicery. After trying only two of their eight juices, I must say—I'm hooked. I cannot wait to keep drinking what the Mignery's are juicing, and I know you'll feel the same way after your first taste. Personally, I recommend their Sweet Root juice to start, but I am still shopping around for my favorite. I have a feeling it will change with the seasons and the storefronts, and I am looking forward to seeing where their juicing journey will take them!

You can visit Thrive Juicery at their location in Lamp Post Plaza, 2420 E. Stadium Boulevard, Ann Arbor, MI, 48104 or online at www.thrive-juicery.com. Thrive Juicery is open Monday through Thursday 7:30 a.m. – 6:30 p.m., Friday 7:30 a.m. – 7:00 p.m., and Saturday through Sunday 9:00 a.m. – 7:00 p.m. If you have questions or wish to contact Andy and Anna, you can call Thrive at (734) 585-5221. Thrive Juicery is also on Twitter (@thrivejuicery), Instagram (@thrivejuiceryaa), and Facebook.

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...in keeping with their mission of providing a convenient way to enjoy superfoods rich in nutrients and antioxidants, the Mignery's have been awarded an opportunity to open a second storefront in downtown Ann Arbor, hoping to access even more of the Ann Arbor community with the benefits of a 'thrive diet'.

Feature continued on page 30

LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

By Tracy Scherdt

Feature continued from page 29

Ann Arbor Pharmacy:

Bringing the Pharmacy Back to the Community

The Ann Arbor Pharmacy opened its doors to the community last November, but has already established itself as a destination in town for high-quality care as well as high-quality products. Here, you can expect to pick up your prescription drugs quickly and without fuss or hassle, but I would urge you to carve out more time in your day for a visit than you might think you need. Browsing the shelves of international and high-end hair and skincare products, high-potency nutritional supplements and vitamins, and unique soaps, among other items, is a treat best enjoyed at a casual pace. You might even get the feeling that you've stepped into a European boutique—which, in many ways, you have—because this pharmacy is anything but ordinary. Ziad Ghamraoui, owner of Ann Arbor Pharmacy, said that this is the pharmacy he has always dreamed of opening. "I wanted to create a pharmacy just like [the pharmacies in] Europe and back home. This is how our pharmacies are. I wanted to give the Americans a taste of internationalism—a taste of France, a taste of Europe, a taste of the Middle East. When it comes to pharmacy choice, you walk in, you get quality healthcare items, you don't have to rummage—I'm not here to give bargains, I'm here to give people the best bang for their buck."

You can find the Ann Arbor Pharmacy conveniently located in the Lamp Post Plaza on the southeast side of the city. It is designed with an open concept that makes this space easy to navigate and holds the pharmacists to their in-and-out promise of short wait times. It is small, but fully stocked, and the ambiance of the store reflects its status as a boutique apothecary, complete with healthy green plants intermittently spaced on the shelves and product samples galore. But what will

Browsing the shelves of international and high-end hair and skincare products, high-potency nutritional supplements and vitamins, and unique soaps, among other items, is a treat best enjoyed at a casual pace.

really make you think you stepped off of American soil are the products—products with unfamiliar names that are a far cry from what the chain pharmacies offer. International brands such as Avène, BioDerma, Klorane, Benamôr, and more fill the shelves to the delight of the American browser.

My first time entering Ann Arbor Pharmacy, I wasn't only struck by its special collection of products whose names I did not recognize, I was also happily surprised to hear laughter and conversation—lengthy conversation, too, and not just your typical "*How can I help you?*" or "*Have a good day, come back again soon!*" What I witnessed were relationships that clearly took time to build, where the questions asked were about families, or about that vacation someone had recently come back from. Relationships between not only pharmacist and patient, but between pharmacist and community member, such as the delivery driver that dropped off a shipment and was greeted like an old friend, the driver staying to chat a while. Each person that interacted with Ziad Ghamraoui seemed to be treated in this way, and he appeared to be in his element. "I love my position. I like to communicate, I like to joke around, I like to humor people when it comes to taking their medications and ease off the pain." Bri (one of the pharmacists at Ann Arbor Pharmacy) added, "Laughter's the best medicine!"

I wanted to give the Americans a taste of internationalism—a taste of France, a taste of Europe, a taste of the Middle East.
—Owner of the Ann Arbor Pharmacy, Ziad Ghamraoui

This community-centered, high-quality care was exactly Ghamraoui's hope and vision for Ann Arbor Pharmacy, as well as the other two pharmacies he owns in Southeast Michigan—Saline Pharmacy and Little Pharmacy of Milan, opened in April 2011 and October 2014 respectively. In his experience working for a chain pharmacy for six years, Ghamraoui was disappointed by what the healthcare profession he had pursued had become in the United States and the degraded relationship between pharmacist and patient. Ghamraoui holds a particular frustration with the chain pharmacies that provide most Americans with their prescription medicine, saying, "The chains have ruined the pharmacy image in the United States. It's pretty much, you go in, it's a dollar store, and with it you get a prescription—but, you know what, it's a pharmacy. It's healthcare. I'm not saying they're bad companies, but I believe healthcare should be individualized. I just don't think the profession is getting the respect it wants, or it needs."

International brands such as Avène,
BioDerma, Klorane, Benamôr, and more,
fill the shelves to the delight of the American browser.

For Ghamraoui's vision of what a pharmacy can be at its best, he drew on the pharmacies of his home country, Lebanon, and on his education and professional experience there. He earned his Bachelor of Biology in 1997, Bachelor of Pharmacy in 2000, Doctor of Pharmacy in 2002, and Master of Business Administration in 2003, immigrating to the United States in 2004. He has always been interested in the business aspect of the pharmacy business, so when he found himself disillusioned by the experience at the typical American pharmacy, he felt he could step up and make a change himself. "By virtue of my education and my experience and my willingness to help, I know the patient and I know the medication. This is a chance where the patient can discuss their medications, if the pharmacist has time, and independent pharmacists will always have the time."

Before Ann Arbor Pharmacy, Ghamraoui opened Little Pharmacy of Milan and the Saline Pharmacy, both of which are businesses near and dear to Ghamraoui's heart, and neither of which came without a lot of faith. Ghamraoui gushed about his community support in Saline, saying, "It is fulfilling and humbling. They gave me the

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time of day. If I showed you pictures of what the Saline pharmacy was, and what it is today, I don't want to jinx it, but… God's been good. They gave us a shot there." And because they gave Ghamraoui and his independent pharmacy business when nobody else would, he is happy to give support back. "The Saline community knows me and I know them. It's a smaller community, so when it comes to school activities, they do come to me and they ask me for donations. We donate to the police department, Saline social services, and other charitable organizations in Saline that know me. And they ask, "*Why do you give?"* and I say, *"The community gave to me, so I am going to give back."*

After the success of the Saline Pharmacy, Ghamraoui honored requests from Milan patients to open an independent pharmacy closer to them, and within three years of the opening of Saline Pharmacy, the Little Pharmacy of Milan had its grand opening, but not without some challenges. "The people of Milan said, *'We love your service, we just wish it were closer to us.'* So, I incepted The Little Pharmacy—we started in a different location, then moved it to downtown, so now we're much better off." Now, Ghamraoui struggles with being present at each of his pharmacies—which is important to him and his patients equally—so he relies on his incredible team of 14 pharmacists across the three pharmacies to help keep everything up and running, as well as maintain the personal relationships built with each community. He said, "The Ann Arbor Pharmacy is my dream, but once it's up and running, I do not want to grow another pharmacy because I do not want to dilute the patient-pharmacist relationship. Right now in Saline they say, '*Where's Ziad? We'd like to see him again,*' and the same thing in Milan. So, I am so grateful to my team because they took how I would do things and grew on it. I am so humbled by their owning of the businesses, as if I never left. And the patients know that I am watching from here. I have some of the best pharmacists working for me, and my technicians are some of the nation's best trained, most honest, and most hardworking."

Whether you happen to catch Ghamraoui on a day he is at the Ann Arbor Pharmacy or you chat with one of his trusted pharmacists, you can expect to be well taken care of. What the Ann Arbor Pharmacy provides is much more than just refills of your prescriptions, because the pharmacists there prioritize your individualized healthcare needs, and with this, access to internationally loved, high-quality products. Ghamraoui asks the people of Ann Arbor to remember, also, that not only will you receive more personalized care with an independent pharmacy, but you will be supporting your local community in the process. "The most important thing I tell people is support your local community businesses in general, and the local community businesses will take care of the community." Knowing Ghamraoui, that sounds as good as a promise. Stop into Ann Arbor Pharmacy today and let them know I sent you—I promise you'll be in good hands!

Visit Ann Arbor Pharmacy at 2418 East Stadium Boulevard, Ann Arbor, MI 48104 or online at annarborpharmacy.com. Ann Arbor Pharmacy is open Monday through Friday 9 a.m. - 6 p.m., Saturday 10 a.m. - 4 p.m., and Sunday 12 a.m. - 4 p.m. You can give them a call at (734) 677-5555, or email Ghamraoui *at info@rxa2.com.*

Our Southern Neighbors

Holistic Practitioners in Lenawee County

By Jennifer Carson

Austeen Freeman

Paula Burke

Tara Coumoundouros

a major area of growth for conscious living practitioners and educators can be found in the heart of Lenawee County.

While Ann Arbor may be the center of holistic living in southeastern Michigan, the wave of conscious living has rolled across the state. A major area of growth for conscious living practitioners and educators can be found in the heart of Lenawee County. Just a short journey south and west of Ann Arbor you can visit the quaint town of Tecumseh with its many antique and fine gift shops. A little farther south and you'll find the historic downtown of Adrian, which has been going through a time of redevelopment. Both towns, and many more surrounding them, are finding new growth, development, and interest in holistic living.

Not Just Another New Age Store—Ghidrah's Mind Body Spirit

Just across from the historic Croswell Opera House in Adrian you'll find Ghidrah's Mind Body Spirit. Step inside and feel your mind and heart instantly expand. The three women who own this business in beautiful downtown Adrian have created a welcoming space to explore spiritual practices, healing modalities, and holistic living.

Tara Coumoundouros, Austeen Freeman, and Paula Burke of Ghidrah's Mind Body Spirit.

Ghidrah's is not a typical new age retail shop though. In the back of the spacious building is a yoga studio, with weekly classes nearly every day of the week, and two comfortable spaces for gathering and sharing ideas.

Ghidrah's is not a typical new age retail shop though. In the back of the spacious building is a yoga studio, with weekly classes nearly every day of the week, and two comfortable spaces for gathering and sharing ideas. The philosophy behind the store, to connect all through the web of life and the web of light, and to nourish the global spiritual awakening humanity is experiencing, is evident in the products they carry and the events they offer.

In 2014, Paula Burke, the original owner of Ghidrah's, decided that she wanted to open a wellness store, but Spirit steered her toward expanding her idea to include spiritual wellness as well as physical wellness and nutrition. Burke is described as the momma bear of the shop. She loves faeries, long road trips, and picnics, and is full of green earth magic. Originally opening in Brooklyn, Michigan, Burke, realizing she needed to bring on partners to grow her business to the next level, moved Ghidrah's to Adrian and brought on two partners, Tara Coumoundouros, and Austeen Freeman, who were just as passionate about holistic health and spiritual awakening.

Coumoundouros is a pharmacist who decided to follow her soul's true path toward the mystic ways after

crashing and burning in “Mass Retail America.” Ghidrah’s seemed like a natural fit for her because it reminded her of a store in her hometown of Meadville, Pennsylvania. She felt at home the instant she came through the doors, like a moth to a flame. Coumoundouros knew that she needed to use her intuition, healing, and psychic abilities, and to inhabit a space that helped others do the same in order to live her most joyful life.

Freeman’s call to wonder began in massage school when she experienced crystal healing, Tai Chi, and Reiki for the first time. When she came to Adrian to return to school to finish her Athletic Training Masters Degree, Freeman was instantly drawn to the store. She began teaching yoga classes and was eventually asked to come on as a partner.

In addition to yoga classes and the retail shop, Ghidrah’s also offers appointments with holistic practitioners. They offer sessions with massage therapists, Reiki practitioners, shamanic healing, psychic and Tarot readings, Goddess Rising workshops, and they have an Amethyst BioMat™ bed. There are also two psychic fairs a year, one in the fall and one in the spring.

Adrian has been very welcoming to this new age retail store, and Burke, Coumoundouros, and Freeman recognize the fact that the next generation is looking for alternative spiritualism. “The spiritualism aspect of the store was new to the area,” Coumoundouros said, “but holistic health was not.”

The three women are currently working on the curriculum for a new school of yoga called the Mystic Ways School of Yoga. They are hoping to have this program ready in the spring of 2020. The 200-hour teacher training program will focus on a blend of circle work, feminine divine practice and theory, body awareness and movement, physical and energetic alignment, and establishing trust in self.

Visit Ghidrah’s at 120 East Maumee Street, Adrian, MI 49221 or visit them online at www.ghidrahs.com. The store is open from 11:30 a.m. to 5 p.m. on Monday, Tuesday, and Thursday, open until 7 p.m. on Wednesday, and from 10:00 a.m. to 3:00 p.m. on Saturday. You can reach them by phone at (517) 260-0116. Follow them on Facebook for events announcements @GhidrahsMindBodySpirit.

continued on page 34

Local Artists Wanted

Are you interested in having your art published?

We are looking for some great art to liven up the calendar section of the *Crazy Wisdom Community Journal*. If you can digitally deliver camera ready art in a jpg or tiff file and think your style and subjects are a great fit for the magazine, please email a letter of interest and a high res image submission to Jennifer@crazywisdom.net.

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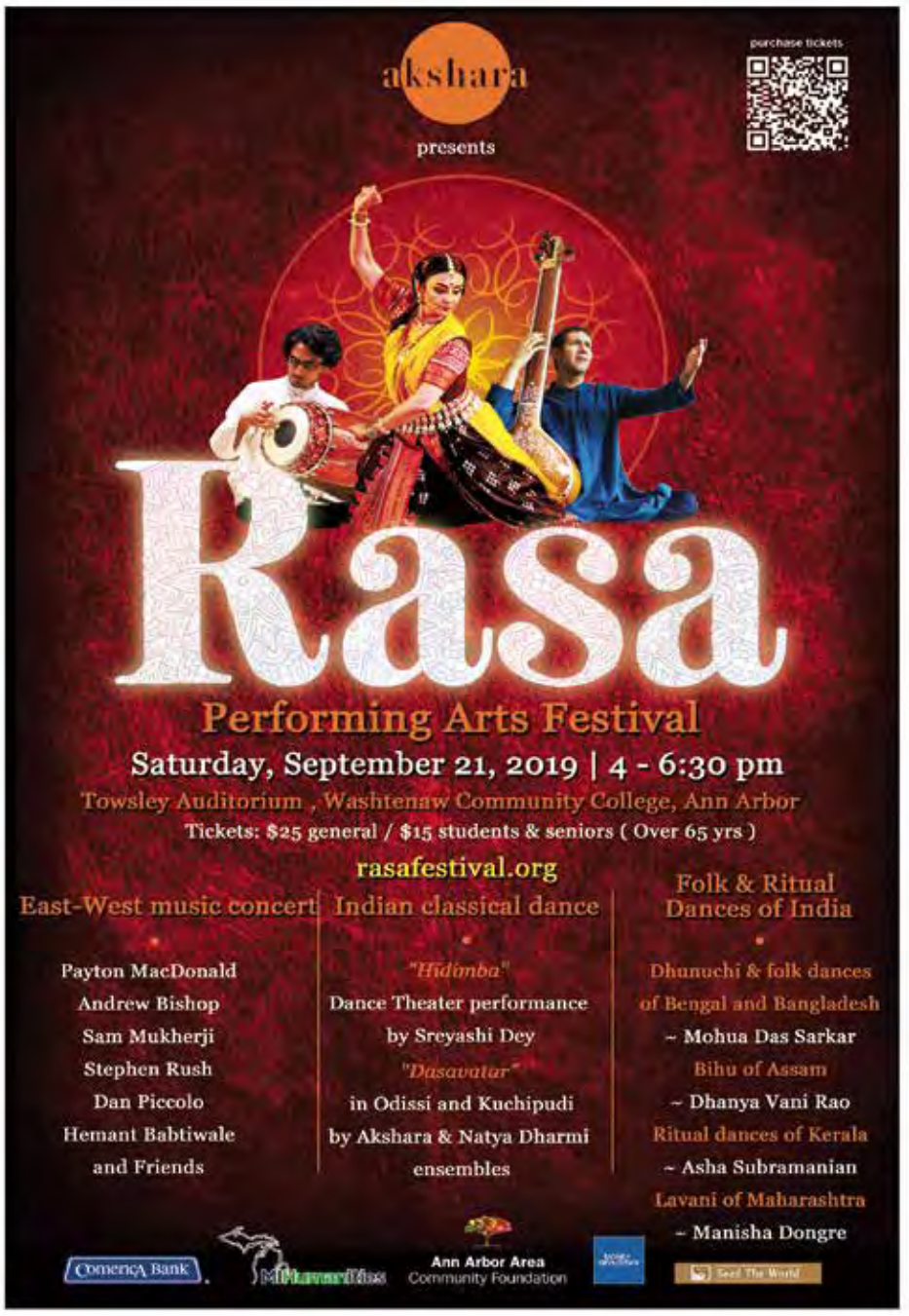
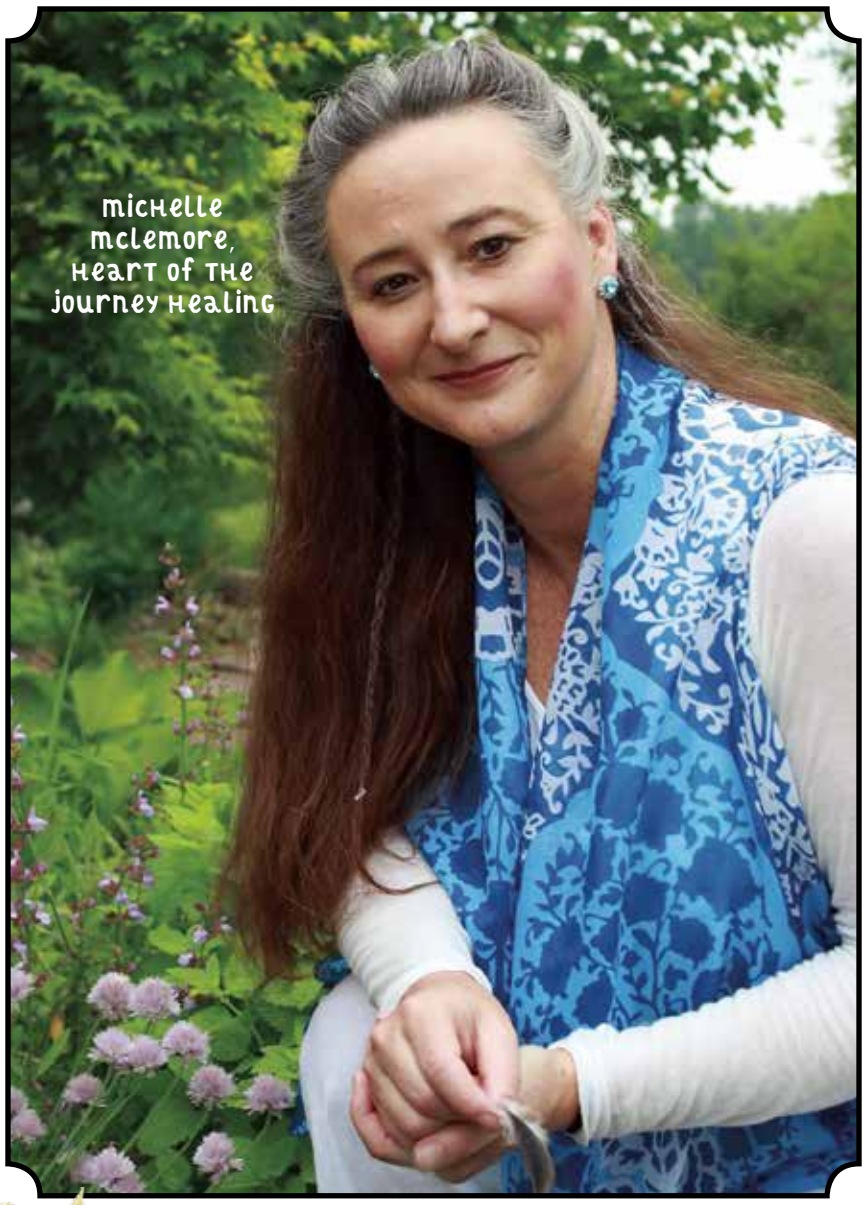


Southern Neighbors, continued from page 33


Michelle McLemore, Heart of the Journey Healing

McLemore developed the curriculum for a Psychoneuroimmunology class and teaches it at Onsted High School. This class is the first of its kind in any public High School in the United States, and at its core, it is a stress management class.

Heart of the Journey Healing

For Michelle McLemore, wellness all comes down to stress management. An English and Psychology teacher in Onsted for over 25 years, she became interested in energy healing after being approached by a student needing guidance. As fate would have it, while looking for some information for the student, she picked up a book by Elaine Grohman called *The Angels and Me: Experiences of Receiving and Sharing Divine Communications.* This book opened her eyes to a new way of seeing the world.

Shortly after being introduced to healing energy McLemore discovered a Level 1 workshop for Healing Touch. The class was affordable, close to home, and her husband was scheduled to be out of town—it seemed that the stars had aligned. After taking the Level 1 workshop she was hooked and continued her training. In the last ten years she has been trained in Reiki (through Level 3), and Sacred Geometry, as well as apprenticing with an RN for a year to earn her Healing Touch Level 5 certification. She is now a fully certified Healing Touch Practitioner through the American Holistic Nurses Association.

McLemore blends Sacred Geometry, Healing Touch, dream analysis, and other modalities to help clients make changes in their daily life. Some of the services she provides during a session include: setting goals, resolving current issues, and teaching preventative strategies and maintenance. “The heart of the journey is about balancing physical, mental, spiritual, and emotional energies. Many people think one is more important than another, but that is not the case,” McLemore said. “I want to help my clients find ways to bring balance in order to create more joy in their lives.” Her goal is to teach clients how to take care of themselves so that they can become self-reliant. And she is starting to bring these lessons to her high school students as well.

McLemore developed the curriculum for a Psychoneuroimmunology class and teaches it at Onsted high school. This class is the first of its kind in any public high school in the United States, and at its core, it is a stress management class. The students study how stress affects the brain and body and how that stress works on breaking down the mind/body. She also teaches them forty different stress management techniques. Some of these techniques include connecting to the universal healing energies and trusting in our innate human abilities. She takes a blind poll at the beginning of the semester, asking her students if they have ever thought they were able to hear, see, or feel something that felt instinctive. Something that didn’t feel tied to the physical world. Most of the students have had this kind of experience, but are surprised that they aren’t in the minority—that it is normal. McLemore stresses to her students that this is how they’ve been built, then asks them, “So, what are you going to do with it?”

To learn more about Michelle McLemore you can follow her on Facebook @ MichelleMcLemoreHealingGuide or on Twitter @HeartofJourney. She is also listed on the Healing Beyond Borders website practitioner directory. Contact her by email at energy@michellemclemore.com or by phone at (517) 270-0986.

A Journey to Shamanic Practice

Marj Tursak had spent 32 years in the Evangelical church. As a young woman she moved away from the church and developed an interest in Buddhism. Then one day she picked up a book about shamanism. She had grown up on a rural Michigan farm and spent a lot of time in the woods, so the animistic nature of Shamanism really clicked, but then she put it down as she focused on earning her Masters of Counseling at Sienna Heights and entered the workforce.

Years later, Tursak was a clinical supervisor at a large treatment facility. She was good at teaching others how to manage their stress levels, but terrible at taking care of herself. She thought if she just worked harder, faster, longer, everything would work out. She was surviving on caffeine and sugar, and her inflammation levels were off the charts. She was responsible for too much and too many, and it was taking a major toll on her health.

Marj Tursak, Shamanic Practitioner

She was good at teaching others how to manage their stress levels, but terrible at taking care of herself. She thought if she just worked harder, faster, longer, everything would work out.

She consulted many health care professionals with no luck in finding a cure for what ailed her until she found a holistic doctor in Ann Arbor. Nearing death’s door, that doctor prescribed a shaman. Tursak talked with many of her colleagues and searched for just the right fit. She finally happened upon Kate Durda at Spirit Weavers. Tursak felt like she had met Durda somewhere and was really drawn to her, though she discovered later that they had never met. When a co-worker brought up Durda’s name in conversation, Tursak felt it was a good sign.

After consulting with Durda about her illness, Durda convinced her that she needed to take an intro to shamanism course, and she was reintroduced to the philosophy that had made so much sense to her as a younger woman. She began her training in 2007 and now runs a small private counseling practice at Peace Massage and Wellness in Adrian as well as running workshops at Gidhrah’s. She believes that shamanism is “a way that we can work in the scary situation we find ourselves and our world in right now.”

Besides being a shamanic practitioner Tursak has been trained in many other healing modalities including: rattle healing, cedar healing, soul retrieval, compassionate depossession, extraction, and house clearing. You can contact her

music helps children make connections between the songs they learn and the experiences they have both in and out of the classroom.

by email at matursak@gmail.com or by phone at (517) 448-0060.

Putting Heart & Soul in Education

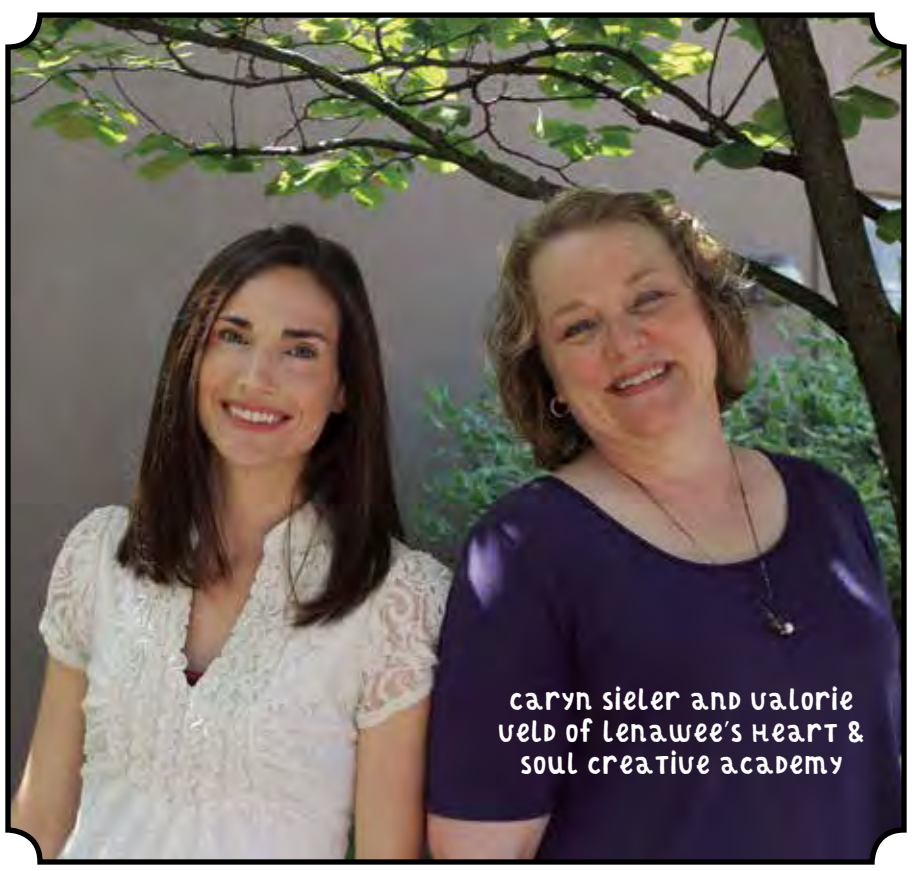
Just a few doors down from Ghidrah's is the Creative Arts Academy preschool/kindergarten located at Lenawee's Heart & Soul Children's Art and Music Studio. Play-based learning may look like a bunch of children frolicking, but it's really hard work! For Caryn Sieler and Valorie Veld, art and music are the heart and soul of education. Everything in the classroom has a purpose, and as students play, they are developing life skills, building fine motor dexterity, and laying a strong academic foundation. The Creative Arts Academy, based on the philosophy and methods of Montessori, is a play-based school for children ages three to six offered in the heart of historic downtown Adrian.

"Music learning supports all learning," said Sieler, and she sees proof of that every day. She observes children making connections between the songs they learn and the experiences they have both in and out of the classroom. A particular song the children learned about rain "drip-dropping" translated for one child at the art table as the paper mache he was creating with dripped from his fingers. "He started singing the 'drip-drop' song, and soon all the other children at the table joined in. It was amazing to witness," said Sieler.

At the Academy, the day opens with a song that makes everyone feel at ease and included. Every day is designed with an emphasis on creative learning enhanced by art, music, creative movement, and open studio independent work time. The environment is carefully prepared to naturally support and promote cognitive, emotional, physical, and social growth including early literacy and numeracy connections, fine and gross motor development, problem solving skills, and more. In addition, head teacher Valorie Veld models lessons in Grace and Courtesy as well as providing monthly "heart" work. Veld feels that modeling empathy, mindfulness, kindness, and consideration for others is just as important as encouraging the development of academic skills they will need when they enter elementary school.

While the Academy, which uses the Music Together In School curriculum, focuses on preschool and kindergarten aged children by offering a three-day preschool/kindergarten program, the parent/child Music Together offering by Sieler is open to children and their caregivers from birth to age five. Lenawee's Heart & Soul Children's Art and Music Studio also offers Sensory Studio play times led by Veld once a month for children 18 months to seven years of age and Play Dough Parties for ages three to five. For the six to ten-year-old age group Valorie offers ART 610, a three-week session of drawing and painting classes, and summer camps and parties.

To learn more about the Creative Arts Academy, Music Together classes, Sensory Studio hours, or other class and camp offerings visit their website at lenaweesheartandsoul.com, join their mailing list, or give them a call at (517)605-0143 or (517) 920-5887.



caryn sieler and valorie veld of lenawee's heart & soul creative academy

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By Lynda Gronlund-Naeem

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

Lauren Hoffman opened her gym, Forged Barbell Strength Academy, in November of 2018.

Located on Ann Arbor's west side, it offers personal training, nutrition therapy, and fitness memberships for men, women, teens, and children.

Hoffman is a certified Level Three Crossfit coach, though she said she has moved away from Crossfit to embrace what she feels is a more holistic, individually flexible, and mindful approach to strength training, addressing issues like muscle imbalance, movement patterns, and posture while still lifting heavy weights. Her strength programs integrate Olympic weightlifting and functional movement. Some of her clients are competitive athletes while others are just there to build strength and feel good**.**

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Forged Barbell photos by Joni Strickfaden

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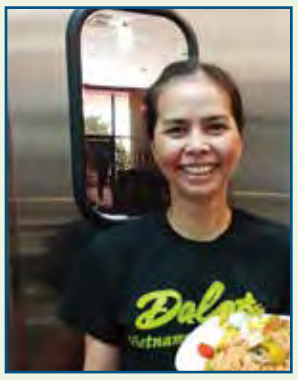
Read more on page 38



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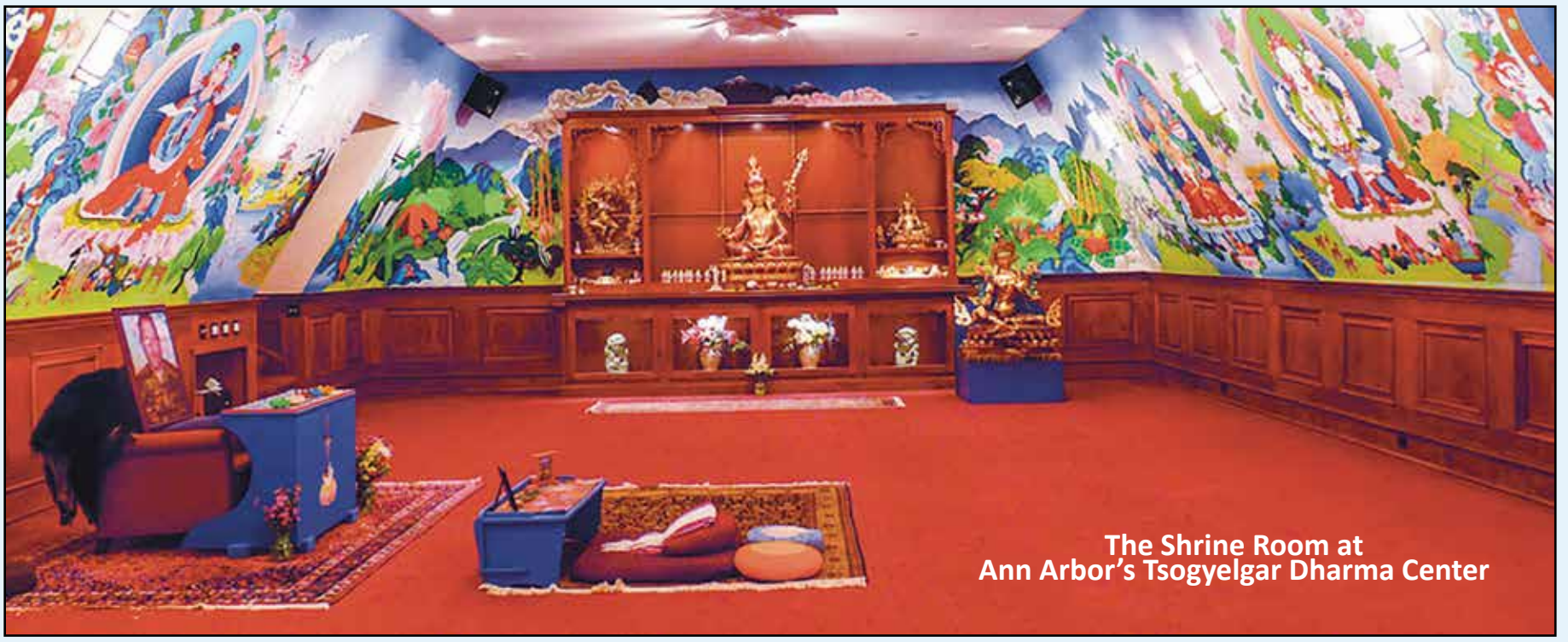
Read more on page 41



The Shrine Room at Ann Arbor's Tsogyelgar Dharma Center

On April 15, as fires were burning at the Notre Dame cathedral in Paris and the Al-Aqsa Mosque in Jerusalem, another fire destroyed the shrine room at Ann Arbor's Tsogyelgar Dharma Center.

The sacred gathering space contained Tibetan relics and hand painted murals of Tibetan Buddhist deities which were destroyed, but a statue of Guru Rinpoche, an 8th century Buddhist master referred to as the "2nd Buddha," survived mostly intact. The cause of the fire is unknown.

The community runs White Lotus Farms, which produces vegetables, goat's milk and cheese, freshly baked bread, honey, and flowers. Fire trucks had to bring thousands of gallons of water in from the nearest fire hydrant two miles away to stop the fire spreading to other farm and community buildings. No people or animals were harmed and firefighters were able to contain the damage to the single building. Community members were especially concerned about the stress to the farm's goats, as many of them were near to giving birth to the season's kids. While some of them gave birth a day or two later than expected, all safely delivered.

Tsogyelgar community member, Christina Burch, said that while the community is sad at the loss of their shrine room, the general feeling is one of gratitude for what remains and looking forward to what will be built anew. This year, she said, is the Earth Boar year, which marks the 60th anniversary of Tibet's fall to China, which initiated the spread of Tibetan Buddhist teaching to the West. This year also marks the 60th birthday of Traktung Rinpoche, the Tsogyelgar community's founder and teacher. It is also the 30-year anniversary of his enlightenment. Burch said that this marks a new 30-year cycle in the teaching and that the fire can be considered a cleansing of old energies to make way for the new.

A quote from Guru Rinpoche on the group's Facebook page post about the fire said, "The power of virtue cannot be burnt by fire, rotted by water, destroyed by wind. That goodness spread by merit can withstand the machinations of king and thief and will spread across all appearance."

At the moment, the Tsogyelyar community is using two large tent structures for gatherings that would normally happen in the Shrine room. In fact, one was used the night of the fire, when community members gathered for a holiday feast that had been scheduled in the Shrine room. True to their teachings, the community ate and celebrated together while firefighters worked, then thanked and blessed the firefighters. Plans are in the works for a new Shrine room to be built, though permits and other details will take time. The community hopes to be able to start construction before the colder months begin, though if necessary, they will make do with other spaces until the new Shrine room is ready. New murals will be painted and the new space will be larger and more accessible (the old space was only accessible by stairs, which made it difficult for some). Many of the community members have skills in construction and the arts, and they look forward to creating a space that meets the community's needs and is even more beautiful than the one before. Concern and support have poured in from the Ann Arbor community and Tsogyelyar members are grateful and encouraged.

More information about Tsogyelgar Dharma Center are online at tsogyelgar.org and facebook.com/Tsolgyelgar. They can be reached via email at info@tsogyelgar.org.

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New Offerings by Established Businesses and Practitioners

Reverend Ada Marie Windish has been a psychic reader for over 65 years.

She has advised corporate boards and police departments, traveled the country to teach, and has been a personal reader and spiritual counselor to many. After recovering from a stroke that temporarily took her ability to speak, she is relaunching herself and her service. Windish said she is "a bonafide psychic through spirit—[she] speak[s] to angels, the dead, your mother in heaven, your grandfather…." She says her gifts were given to her by divine spirit, passed down to her through her father.

Windish offers readings in her home in Adrian, where she lives with her black cat Toby, or over the phone. Her one-hour readings are $100, though she says she frequently goes for longer than an hour and never charges more. She is also willing to put together payment plans for clients struggling to afford the fee.

Anyone interested in a reading with Windish can call (517) 759-3434 to schedule an appointment. Please do not call after 8:00 p.m.

Vietnamese restaurant Dalat has moved from downtown Ypsilanti to downtown Ann Arbor.

Original owners Lang Bui and Hoanh Le retired at the beginning of 2018 and their son, Son Le, and his wife Tran Nguyen, took over. The restaurant, which had been open for over 25 years, was located in a historic Ypsilanti building that Son Le said made updates and repairs difficult and expensive. The area also did not get much traffic. They decided to make the move to downtown Ann Arbor, which Le felt was a busier area that would support the business more than downtown Ypsilanti could. He said that a lot of existing customers have continued to come to the new restaurant.

It took nine months from the closing of the old location to get everything ready for opening on October 1, 2018. Initially the menu was exactly the same: Vietnamese specialties including pho, shrimp rolls, and stir-fried rice noodles. But since then Le has added more vegetarian options to keep up with demand and added new desserts and boba drinks. The restaurant no longer serves alcohol since their liquor license was restricted to downtown Ypsilanti. Le described their menu as "fresh and healthy food with high-quality ingredients and reasonable prices." The décor has changed as well—the new location has electric lime green walls with orange accents left over from the Orange Leaf frozen yogurt store that previously occupied it. Le and Nguyen liked the colors and left them as-is, making the new sign to match. Le emphasized that the restaurant only buys fresh, premium meats, seafood, and produce. Most meals don't include MSG, and customers can ask for a gluten-free version of most entrees.

Dalat is located at 2261 South Main Street, Ann Arbor, MI 48104. Their phone number is (734) 487-7600. Their website is dalatrestaurantannarbor.com and they can be reached via email at manager@dalatrestaurantannarbor.com.

A local group of practitioners, the Great Lakes Center for Healing Touch, began offering a Healing Touch Clinic at the Center for Sacred Living on the west side of Ann Arbor in March.

The Clinic offers Healing Touch at a reduced rate of $30 per session. Practitioners donate their time and all proceeds go to the costs of running the Clinic. GLCHT is a nonprofit organization. The Clinic is offered both to help make the modality accessible for those with financial concerns, as well as to help practitioners in training complete some of their required training hours. Some of the practitioners offering sessions during the Clinic hours are fully certified, and this is a way they choose to serve the community. The GLCHT group has offered this service in the past, but stopped operating in 2010 due to the inability at that time to keep up with demand.

Healing Touch is an energy-based therapy, similar in some ways to Reiki, explained certified practitioner and group member, Ann Alvarez. Practitioners use light or no touch to help clear and balance the body's energy field and centers. It is very different from massage or physical therapy as the physical body is not being manipulated. Clients remain fully clothed for the sessions, which usually last a bit under an hour. Alvarez said that the practice, "supports and helps restore self-healing of the body, mind, and spirit." She said that the modality can help people with injuries, or those recovering from surgery, experiencing chronic pain from fibromyalgia or other conditions, insomnia, headaches, and those being treated for cancer with chemotherapy or radiation therapy. It can also help people recovering from stressful circumstances such as grief and trauma. The modality is non-invasive and has no side effects, said Alvarez, and should be considered a tool to be used not instead of, but in addition to, and in support of standard medical care. Practitioner and group member, Nirit Mor-Vaknin, explains, "Healing Touch is very effective in stress reduction, and when we are not stressed our body can heal itself." It is used in a number of hospitals nationwide to reduce the need for painkillers and as part of palliative care.

Each of the Clinic's practitioners were trained by Healing Beyond Borders, an international nonprofit organization which offers training and certification in Healing Touch.

The Healing Touch Clinic is offered on the first Wednesday of each month. Appointments are scheduled for 5:30, 6:30, and 7:30 p.m. with walk-ins possible if an appointment slot is not filled. Appointments can be made by calling (734) 730-6826 or emailing niritmorvakn@gmail.com, or visit their Facebook page facebook.com/annarborhealingtouch. The Center for Sacred Living is located at 210 Little Lake Drive, Suite #7, Ann Arbor, MI 48103. More information about the Healing Touch Modality and the Healing Beyond Borders mission is online at www.healingbeyondborders.org.

Michigan Collaborative for Mindfulness in Education (MC4ME) was founded as a nonprofit organization in 2014.

Since its founding, the all-volunteer organization has given 85 presentations to educators and 47 consultations with organizations to help "foster the teaching and dissemination of mindfulness practices in K-12 and higher education using best practices, established curricula, and scientific evidence." Members of MC4ME's board have experience in teaching or psychology, practice mindfulness themselves, and use evidence from personal experience, as well as scientific studies and training, to spread awareness and training in mindfulness in education.

Board member Mary Spence described mindfulness as "paying attention on purpose with a lack of judgement and with curiosity." Studies have shown that children trained in mindfulness techniques show improvement in ability to pay attention and focus and better emotional self-regulation. They are, Spence said, able to be more "comfortable with discomfort."

In July MC4ME offered a teen retreat in Kalamazoo for ages 15 to 19 in partnership with Inward Bound Mindfulness Education (IBME), a nonprofit based in Massachusetts offering "in-depth mindfulness programming for youth and the parents and professionals who support them." The retreat focused on developing awareness and concentration practices supported by science. These retreats will be offered annually.

MC4ME also offered a two-day intensive training for educators in August in Birmingham. It covered both self-care practices and integrating key techniques with students. The training offered 16 hours toward continuing education for Michigan teachers. The organization plans to offer more of these trainings for teachers during summer breaks.

MC4ME will hold a statewide conference on October 9 and 10, 2020. Location, schedule, and other information will be forthcoming. Anyone interested can sign up for the organization's quarterly newsletter by emailing info@mc4me.org. Spence said that the organization is growing, seeking new board members, and is working toward becoming a membership organization.

The website for Michigan Collaborative for Mindfulness in Education is mc4me.org. They can be reached by email at info@mc4me.org.

The Ecumenical Center and International Residence (ECIR) in Ann Arbor has changed its name to International House Ann Arbor (IHAA).

This change has happened after ECIR purchased, in 2018, the Church Street building it has occupied for many years.

IHAA is a community for International college students as well as American students who want to interact with people from around the world. IHAA Development Director Lauren Zinn said they aim for a ratio of 80% international students to 20% American students. She described the International House as a "welcoming, international, intercultural, interspiritual living learning community."

Around 50 students live in the building. ECIR has been working to connect international students in Washtenaw County for over 130 years. Students are mostly enrolled in the University of Michigan, though students at other area colleges are welcome. Residents, the University of Michigan campus community, and local citizens benefit from the IHAA through its events and special programs, many of which are open to the public. Events and programs are divided into Global Community, Global Understanding, Global Culture and Arts, and Global Connections categories. Community meals, holiday celebrations, talks, film screenings, wellness events like Zumba, yoga, and mindfulness, panel discussions, workshops, and more are organized by IHAA.

More information about IHAA's programs and ways to get involved are online at ihouseaa.org. They can be reached by email at info@ihouseaa.org or by phone at (734) 662-5529. The IHAA is located at 921 Church Street, Ann Arbor, MI 48104.

New Books by Area Authors

Ann Arbor based author Pauline Loewenhardt published her book *Almost Lost: Detroit Kids Discover Holocaust Secrets and Family Survivors* in May.

She was born in the 1930s in Detroit to German immigrants who had come to the United States in the 1920s. She used to feel that she was missing an extended family while her classmates seemed to always have cousins and aunts and uncles visiting. Eventually she learned that her father, who had converted to Catholicism when he married her mother, was Jewish and that many of his family members had been murdered in the Holocaust. In 1996, Loewenhardt and her siblings were able to locate some of her father's relatives in the Netherlands. She has since visited them several times, formed close bonds, and learned the stories of her father's family—those who died and those who survived.

Loewenhardt said she felt, "In another life [she] might have been an English Major" since she always had an interest in reading and writing. However, she ended up pursuing a career in nursing. In 1944 she contracted polio during a widespread epidemic. She managed to survive and recover, and due to her illness, Vocation Rehabilitation of Michigan provided her a full college scholarship which she used to pursue a nursing degree from Mercy College of Detroit.

Loewenhardt retired from nursing in 2000 and began pursuing her interest in writing, taking classes as a senior citizen at the University of South Florida, in Tampa. She got some articles published in magazines and, after she moved to Ann Arbor to be near her grandchildren in 2003, she eventually decided to write her family's story in a book. She credits the internet for making it possible for her and her family members to find and connect with their relatives.

More information is available at loewenhardt.wixsite.com/author. Pauline Loewenhardt can be reached by email at loewenhardt@sbcglobal.net. Her book is available at Crazy Wisdom Bookstore.

Upcoming Events

On Saturday, October 12, from 10:00 a.m. to 12:00 p.m. at the Great Oak Cohousing Common House dining room, JissoJi Zen will host author and teacher, Ben Connelly, for a talk, workshop, and signing of his new book, *Mindfulness and Intimacy*.

Connelly is a Soto Zen teacher who also teaches mindfulness in secular contexts such as for police, corporate training, correctional facilities, addiction recovery, and wellness groups. He is based in Minnesota and travels to teach across the United States. This visit will be part of a 40-city book tour.

Mindfulness and Intimacy is about using mindfulness to connect more deeply with one's self, with the people in one's life, and with the

Continued on page 41

ann arbor center for mindfulness

Mindful Self-Compassion ™

"If you want others to be happy, practice compassion.
If you want to be happy, practice compassion."
— Dalai Lama XIV, The Art of Happiness
Based on the groundbreaking work of Kristen Neff and Christopher Germer,
Self-compassion can lead to higher emotional well-being,
Lower levels of anxiety and depression, and
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8-Weeks, Sundays, Sept 8-Nov 10, 2019, 2:30-5 pm
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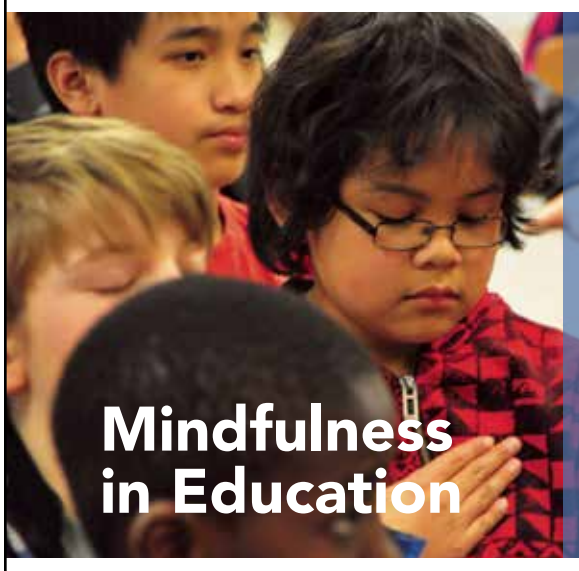


OUR MISSION:
To cultivate attention, empathy and well-being in students, educators and families by providing training and information on mindfulness practices.

OUR VISION:
Compassionate and mindful school communities throughout Michigan where all students thrive.

Join us for our half-day retreat

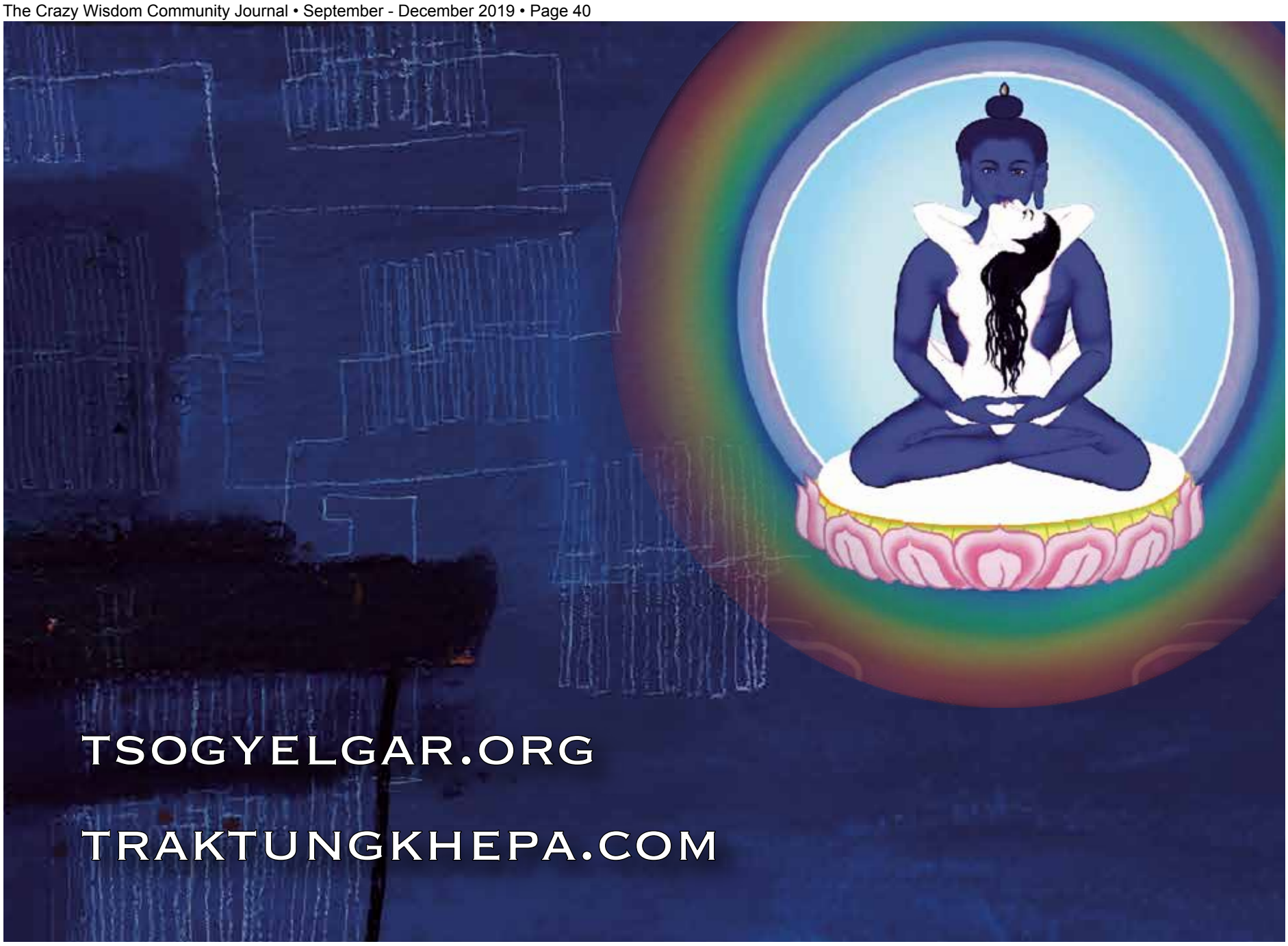
Saturday, October 19, 2019

8:30 AM -12:30 PM

Michigan League, Ann Arbor

Early Bird Price – $35.00

Please sign up on our website **www.MC4ME.org**.



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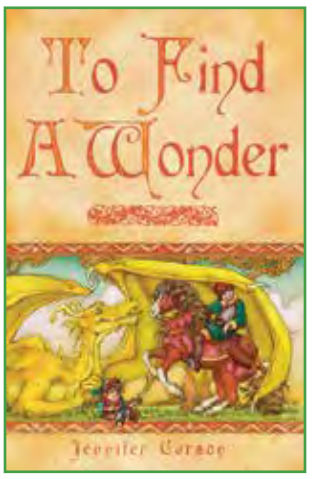
Continued from page 39

world. It was released in February. Connelly explained that developing mindfulness is simply about "paying attention to the things that it's good to pay attention to in a way that's it's good to pay attention to." He said that developing this practice can help to "manifest love within yourself, within your close circle, and within the public sphere… for the betterment of the whole world." He said that, "what we define as intimacy is a closer awareness of the way everything/everyone is connected."

People who attend the event will experience guided meditation, silent meditation, and a dialogue about the book's concepts. Experienced meditators and beginners alike are welcome. JissoJi is an Ann Arbor-based Zen meditation group offering Zazen–Zen meditation at the Lotus Center in Ann Arbor on the second and fourth Sundays of each month.

JissoJi's lead priest Marta Dabis can be reached at jissojizen@gmail.com. More information about the group is online at jissojizen.org. *Great Oak Cohousing is located at 500 Little Lake Drive, Ann Arbor, MI 48103.*

The Ann Arbor Civic Theater's junior theater program will present *To Find A Wonder: A Knight's Journey*, a musical based on a book by the same name written by local author and *Crazy Wisdom Community Journal* managing editor, Jennifer Carson, on November 8, 9, and 10.



Carson first published the book in 2009 through a small press. She was living in New Hampshire at the time and a local theater helped her create the musical, hiring a composer and lyricist to create the songs. The first production was in August 2010.

The story follows Mortimer, a squire on a quest to earn his knighthood. His liege tells him to "find a wonder" in five days, so Mortimer decides to create his own wonder, with the help of characters such as a wizard, a dragon, and a frog prince. The musical will use live actors as well as puppets to tell the story. The book will be re-released in September and will be available for purchase at Crazy Wisdom Bookstore.

AACT's junior theater program is for young actors in grades 4 through 12, who put on shows for audiences ages three and up. The actors will rehearse three times per week for a total of eight to ten weeks before putting on the show, directed by Carson. The performance will be at Scarlett Middle School in Ann Arbor. Tickets are $8 for children and $10 for adults and can be purchased online.

The Ann Arbor Civic Theater's website is at a2ct.org. Jennifer Carson can be reached via email at Jen@thedragoncharmer.com. Her website is thedragoncharmer.com.

New Classes

Local writer Madeline Strong Diehl has been offering therapeutic writing workshops to veterans, people experiencing unstable housing, and the general public for the past three years.

The workshops are designed to help people learn to use writing to "promote health and to externalize emotional issues they may not even know they are feeling concern or anxiety about," she said. Extensive research supports the idea that writing can help people improve their mental and physical health, heal from trauma, and work toward their goals. While many therapeutic writing workshops focus on uncovering traumatic memories and healing them, Diehl's method teaches students to change negative memories into positive thinking, create affirmations, and use writing as a spiritual practice. Diehl said she helps people to "think of ourselves as the heroes of our own lives, with the power to consciously change our lives for the better," and she feels this is a key attitude that helps people make positive change.

Workshops are tailored to participants, said Diehl, and typically are divided into two sections. The first half includes introductions, basic instruction and practice of silent meditation, discussing and creating positive affirmations, and freewriting, in which participants simply move the pen across the paper without controlling the writing, allowing their subconscious minds to produce whatever words they need to at the time. After a break, the second half of the workshop continues with discussions about the freewriting experience, during which participants usually find that the process has reminded them of some of their life goals and dreams which may have been set aside in the grind of everyday life. Diehl then guides students in drafting positive affirmations to assist them in recovering the belief that they can pursue these goals and dreams, and teaches how journaling can help in this ongoing process.

Diehl said that she has seen "remarkable positive changes in the mental health and outlook of the dozens of people who have participated" since she began facilitating the workshops. She has used therapeutic writing herself since childhood, which she credits with helping her overcome feelings of helplessness and hopelessness brought about by being raised in a chaotic and dysfunctional family.

Diehls' first writing workshops were for veterans in the VA hospital. Therapists there told her that her curriculum was the best they had seen in 30 years as therapists, which she believes is due to her 30 years' experience as a writer, as well as her self-awareness and experience living with a mental illness herself. The workshops are designed more as a peer-to-peer experience than a traditional class in which the teacher is the authority.

Madeline Strong Diehl offers therapeutic writing workshops about once a month, and they are listed on her website at madelinediehl.com. She can be reached by phone at (734) 239-4553 or by email at madelinediehl@gmail.com.

New Practitioners and Businesses

The Ann Arbor Pharmacy is a "premier apothecary and boutique" which opened on East Stadium in Ann Arbor in the Trader Joe's complex in November of 2018.

This is the third and final pharmacy owner Ziad Ghamraoui has opened—he has two others in the area. He opened the first, in Saline, in 2011, after leaving a series of jobs as a pharmacist for large national chains. He wanted to open his own pharmacy, he said, because he felt that patients deserved more care and attention than the large chains could offer. He said that he, and the other pharmacists who work for him, know each patient's name and medical history and make sure they know everything they need to know about their medication.

The store is modeled after high-end apothecaries in Europe, New York, and the Middle East, offering high-quality skin and haircare products that are earth-friendly, never tested on animals, and non-GMO. The full-service pharmacy offers traditional and compounded medications. They also carry pharmaceutical grade CBD oils and topicals. Ghamraoui said that they are dedicated to being a responsible community-oriented local business, donating to local police, fire, and charities.

Ann Arbor Pharmacy is located at 2418 East Stadium Boulevard, Ann Arbor, MI 48104. They can be reached by email at info@rxa2.com or by phone at (734) 677-5555. Their website is annarborpharmacy.com.

Lauren Hoffman opened her gym, Forged Barbell Strength Academy, in November of 2018.

Located on Ann Arbor's west side, it offers personal training, nutrition therapy, and fitness memberships for men, women, teens, and children.

Hoffman is a certified Level Three Crossfit coach, though she said she has moved away from Crossfit to embrace what she feels is a more holistic, individually flexible, and mindful approach to strength training, addressing issues like muscle imbalance, movement patterns, and posture while still lifting heavy weights. Her strength programs integrate Olympic weightlifting and functional movement. Some of her clients are competitive athletes while others are just there to build strength and feel good.

The inspiration to create Forged Barbell came when Hoffman was at the Arnold Schwarzenegger Sports Festival, an annual multi-sport competition popularly known as "The Arnold." She was competing in weightlifting and four other athletes

Continued on page 42

Bilingual Huayen Retreat

HUAYEN PURIFICATION CHAN RETREAT

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All Meals Bedding and Sleeping Accommodations are Provided.

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The daily program will include a rotating schedule of instruction in Huayen Purification Chan, Walking, Sitting, and Standing Meditation Practices.

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Chan and Meditation in Everyday Life

Yoga, Meditation, and Beyond
Chan and the Inner Path to Awakening

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Master Haiyun will be visiting from the Huayen Monastery in Lugu, Taiwan to share with the community teachings from the Huayen School of Mahayana Buddhism.

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Chan and Meditation in Everyday Life

Sunday November 3rd at 1:30 p.m.

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Westgate Branch

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Ann Arbor MI 48103

West Side Room

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Continued from page 41

she was coaching went along with her to compete. Immediately the lifters formed camaraderie and mutual support, though they had never met each other before. Hoffman realized she wanted her clients to be able to form community like this all the time in an accessible, affordable, spacious, and positive fitness-oriented space.

The gym is divided into three sections, she explained, with an Astro Turf section in the center where athletes can perform exercises like pushing and pulling weighted sleds and carrying heavy objects across a distance. The "Mobility" class also meets in this section, focusing on improved flexibility, range of movement, recovery, and groundedness. On one side of the artificial turf area is a large rig she described as "monkey bars for adults" with attachments for various exercises, as well as barbells, kettlebells, and dumbbells. On the other side is a heavy lifting area with rubber flooring. This creates a space with "energetically different" areas for different purposes, she explained, but which is still open, inviting, and allows for clients to socialize and support one another.

Forged Barbell offers two child-specific classes. Functional Foundations is for kids approximately aged five to thirteen. It is a play-based way of teaching fundamental body movements like squats, jumps, pullups, bear crawls, and more. Olympic Weightlifting for kids age eight to ten starts the children with PVC pipes to perfect the movements before building slowly to lifting with weight. It teaches them not only the correct movement for Olympic Weightlifting, but helps them with focus, determination, and follow-through. Other offerings for teens and adults include Learn to Lift, Olympic Weightlifting, 2-Block (a strength & conditioning class), and Tai Chi. Some clients enjoy classes while others prefer one-on-one personal training with a coach, and some prefer to train individually using the space and equipment.

The Nutrition Therapy aspect of the gym, explained Hoffman, is based around "a properly prepared, nutrient-dense, whole foods approach to healing the body and mind using the principles of ancestral health." She said her nutrition recommendations are symptom-based, in that they are individualized for each client based on what symptoms they are experiencing that may indicate their individual deficiencies and sensitivities. The aim is to work with "athletes, families, and individuals looking to optimize body composition, energy levels, sleep, fertility, digestion, acne, ADD, and athletic performance."

Hoffman offers a free introductory session for people interested in joining the gym. She emphasized that beginners and people who haven't worked out in a long time are welcome, and that they don't need to be in good shape in order to get started. "We're going to help you," she said.

Forged Barbell is located at 251 Jackson Plaza, Ann Arbor, MI 48103. The website is forgedbarbella2.com. Lauren Hoffman can be reached by phone at (313) 410-3696 or by email at forgedbarbella2@gmail.com.

Emily Otto opened her business, Corporate Rebelle, earlier this year.

She assists people who feel stuck in their traditional corporate jobs to first reduce stress and anxiety, then use the room this reduced stress makes in their lives to explore and learn the skills they need to start following their passions and making money. The idea is that people would follow their passions first as a side gig, and later could replace their full-time income, to focus on living a life they love. Otto spent 15 years in corporate human resources departments. She said that she thought with each job switch that she would finally find the right fit, and start really liking her work and feeling fulfilled, but that never materialized. She realized that she had to deal with her stress and anxiety before she could even summon the energy to explore alternatives to the nine to five life she felt stuck in. Through yoga and other modalities, she was able to deal with her stress, make space in her life, and start developing skills she was passionate about. She has since worked as a yoga instructor, life coach, and sacred intimacy coach. Corporate Rebelle is a new project of hers that will allow her to help others do what she has done, get out of corporate careers if they choose to, and live a more self-directed life.

"The world needs people to do what they love," she said. "There's a better world that can exist when we're all doing things that light us up." Many people are afraid that if they don't have a corporate job they won't be able to get good health insurance or make enough money to support themselves and their families, or they have no real idea of what something else might look like. But the culture is changing, and many people have been able to make a living doing things they are excited to be doing, outside of a corporate structure. She said Ann Arbor is an especially exciting place to be contemplating a nontraditional career. Many people here are making a living in alternative healing modalities, coaching, arts, and in all sorts of other ways.

Otto said that while corporate culture has some positives, it can have a lot of negatives, and she feels there are better ways to get things done. In her career she has hired more than 300 people for positions from entry level to managerial. She has seen that most people enjoy some aspects of what they do, but the corporate model of alternating between being genuinely productive and having a lot of unnecessary "busy-work" to do can be demoralizing. She feels the world is ready for some new models of what work looks like, and she wants to help people create them.

Emily Otto offers a free 45-minute "clarity call" to help potential clients get connected to resources that can help them get started with their journey and decide if they'd like to work with her. This can be booked through her website at www.emily-otto.com. She can be reached by email at emily@emily-otto.com or by phone at (989) 397-3616.

Board certified massage therapist Allison Downing opened her massage practice, operating out of the Center for Sacred Living in Ann Arbor, in 2018.

She specializes in neck pain and gut health. She has written a book: *Stop Stomach Pain: How to Heal Your Gut and End Food Restrictions*, and works with clients who have not been able to find relief from digestive discomfort from diet.

Downing herself suffered with digestive problems and pain for two years before connecting with a physical therapist who was able to help her when diet alone could not. The PT taught her visceral stretches and releases, which Downing now teaches some of her clients. Since she was already very flexible she was skeptical that stretching could help her, but she found that this type of stretching was the key to restoring normal peristalsis, the function of intestinal muscles that control the movement of food through the digestive system. When this function is impaired, she explained, food can move too slowly through the system, potentially causing bacterial imbalances, food sensitivities, constipation, diarrhea, acid reflux, and general stomach pain. A massage therapist who is trained in visceral manipulation, like Downing, can also assist when there are restrictions in the abdominal organs from conditions like endometriosis, c-section scarring, other post-surgical scarring, and anything else that has caused a thickening of the internal tissues. She has found that this type of manipulation can help people with general mobility as well as digestive problems—she cited working with a previously very active veteran who could no longer tie his shoes due to back pain, who returned to his vigorous exercise routine after she was able to address tightness in his abdominal organs.

Downing also offers deep tissue massage, therapeutic massage, craniosacral therapy, and prenatal massage.

The Center for Sacred Living is located at 210 Little Lake Drive, Suite 7, Ann Arbor, MI 48103. Allison Downing can be reached by phone at (269) 200-7530 or by email at allisondowninglmt@gmail.com. Her website is allisondowninglmt.com.

Christa Gray opened her business, The Food Fanatic & Exercise Enthusiast, in April.

She is a certified Stott Pilates instructor working with individuals and pairs in a space within the Ann Arbor Massage Therapy Clinic, just off Jackson Road. She has two Pilates Reformer machines and other equipment to help clients correct muscle imbalances and posture issues which can lead to chronic issues and pain. Gray explained that the apparatuses were developed by Joseph Pilates to help World War II prisoners of war build their strength before they were able to completely walk or sit up. She said the practice is useful for every *body*—older people with chronic problems or athletes trying to keep their bodies functioning optimally. She said that this is not the type of exercise where people need to "push through pain," and that clients can be reassured if injury during exercise is a concern.

The secondary part of Gray's business is helping people learn to shop and cook healthier meals for themselves and their families. Many people have seen a nutritionist or have a good idea of what they should eat more or less of, but have a hard time figuring out how to actually apply that knowledge. Gray offers a six-hour session in which she helps the client make a shopping list, takes them to the grocery store, and shows them how to choose healthy foods. Then she goes into their home and helps them organize their kitchen and fridge to actually work for healthier eating, and makes several recipes with them so they learn how to prepare healthier foods. The client ends up with a week of foods prepared and the confidence and tools they can use to actually put nutrition advice into practice when it might seem overwhelming to get started.

Christa Gray can be reached at info@foodfanee.com. Her website is foodfanee.com. She is offering a special to Crazy Wisdom readers—mention that you read about her in the What's New column to receive four Pilates sessions for $260 (a $40 savings).

Ikaro Phoenix is a Certified Xolar Vibronics Holistic Health Educator and Natural Lifestyle Coach.

He grew up in East Lansing, Michigan but left after high school, only returning to the state in May of 2019 after a long odyssey of seeking connection with nature, and seeking the role he felt humans had as the caretakers of creation. He spent 15 years in Colombia learning from the Mamas (spiritual leaders) of the Kogi, a pre-Columbian indigenous tribe "who have survived in harmony and balance into this millennium only because of their adherence to the natural laws of respectful engagement with Nature, whom they call the Aluna—The Mother."

Upon coming home to Michigan, Phoenix began working with people one-on-one and in small groups to "develop consciousness about our role as beings in the creation, eliminating artificial ways of living which do not resonate with our true being, and using practical methods for self-healing as well as healing for our planet and universe, according to how the Mother has passed and instructed us to do from the beginning." He is dedicated to helping his "community, as well as humanity as a whole, to recover the wise ways of living in harmony with the creation, and caring for all." He offers holistic health education, natural lifestyle coaching, chakra balancing, and natural detoxification programs. He is available for talks and classes.

Ikaro Phoenix can be reached by phone at (734) 210-0463 or by email at ikaro@xolistichealth.com. His website is xolistichealth.com.

Melissa Keck is a cannabis Nurse Clinician and educator who opened her business, Finding Grace, LLC, in 2018.

She has set up an office space within Intessa Certification Clinic, where patients can be seen by a physician and certified for the use of Medical Marijuana in Michigan. Keck meets one on one with individuals to develop cannabis care plans and help with dosage and other details. She works to set each patient up with an individualized treatment plan to provide the benefit they are looking for while mitigating potential harm. She also seeks to provide cannabis education and resources to patients (especially older adults and newcomers to medical marijuana), healthcare providers and organizations, and local communities. As a Nurse Clinician and cannabis patient herself, she can provide a trusted source of information when it's difficult to sort through everything.

Keck explained that she became a cannabis patient herself about five years ago after a series of health problems. Doctors had her, at one point, on over 20 prescription medications, some of them to treat the side effects of the others. She gained a significant amount of weight and had so little energy she was unable to work, before a friend suggested getting a second opinion, and she found medical marijuana, which she was able to use to help her get off of the prescriptions. She lost the weight, regained her energy, and went back to work. As a registered nurse she was very careful in disclosing her use of medical marijuana, however. After a subsequent neck surgery, she was in physical therapy when another patient approached her to ask about cannabis. She realized then that there is a huge need for trusted cannabis education from healthcare practitioners, not only for patients but for doctors, nurses, and other practitioners as well, and this became her new mission.

She explained that cannabis nursing combines standard nursing practice with advanced knowledge and education about medical cannabis and the body's response to it. The cannabis nurse can serve as a patient advocate and community resource. Keck is an active member of the American Cannabis Nurses Association and is certified through that organization as a cannabis nurse. She has been a nurse for over 20 years.

This fall, Keck will provide several community education classes for the public. These will be held on the 2nd Thursday and Saturday of September, October, and November, at 2500 Packard Street, Suite #207 in Ann Arbor. See the calendar section for specifics under the heading Cannabis/Medical Marijuana on page 105.

More information is online at Melissa Keck's website MiNurseCannabis.org. She can be reached by email at melissa@findinggracellc.com or by phone at (734) 818-6238. Her office is located at 2500 Packard Street, Suite 107, Ann Arbor, Michigan 48104.

Submit your listing for the January through April 2020 issue

Please note that the "What's New in the Community" column is part of the editorial (not paid-for-advertising) part of the CW Journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net, or drop off or mail information to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (January to April 2020) is November 1, 2019.

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Agricole FARM STOP

A New Local Market Arrives in Chelsea

From left to right: Brogan Darwin, Dale Trottier, Sharon Norton, Patrick Zieske, Kathy Kennedy, and Abby Hurst of Agricole Farm Stop.

By Angela Madaras • Photography by Hilary Nix

Agricole is a word we can easily recognize as something related to agriculture, but its new namesake is more than that. Agricole Farm Stop and Coffee Bar is about cultivating a culture of community through our connections to its people, soil, and local foods combined with a central meeting and trading place in the heart of historic downtown Chelsea. The grocery and coffee bar sits just off the railroad tracks across from the Jiffy Mix mill. Here is where the intersection of past and present food entrepreneurs remind us of our agricultural heritage and the responsibility we have moving forward to support this locally grown economy and community in a sustainable way.

The model the founders of Agricole are implementing is similar to Ann Arbor's Argus Farm Stop, which opened in 2014. The owners of Argus, Kathy Sample and Bill Brinkenhoof, mentored Agricole's team by sharing their business model, plans, financials, and concept. From that seeding, a sprout grew that blossomed into a space finding its roots in the historic Mack Building, which sat empty for many years prior to its restoration. As of early summer 2019 the building is home to the market, coffee bar, and a small wholesale bakery creating specialty shortbread cookies exclusively by order and available in the Agricole coffee bar. All of the goods the market has to offer come from farmers and producers within a fifty-mile radius and supports the local economy by ensuring that seventy-five cents of every dollar goes directly to those producers and farmers. More of the money the farmers and producers earn will stay within the community, creating a circle of support for all community members. In addition, Agricole is a food destination for those traveling through our area. 14,000 thousand drivers pass by their location every day. That is a considerable amount of traffic for a small town!

The four equal working partners of Agricole, Patrick Zieske, Abby Hurst, Sharon Norton, and Kathy Kennedy, formed an L3C (Low-profit Limited Liability Corporation). An L3C is a mission driven way of financing and operating a business whereby owners can invest their own funds, while at the same time receive municipal grants and public donations. When forming an L3C business,

In addition to the market, coffee bar, bakery, and an indoor-outdoor community area, there are four upstairs apartments in the Agricole building. This makes it a one-of-a-kind mixed-use development project in Chelsea.

there is a dual mission of serving a social purpose and for profit, with the social component of the mission explicitly elevated above profit. They were awarded a matching grant from MEDC (Michigan Economic Development Company) in partnership with a publicly funded campaign through the Patronicity online funding site. This online format allowed community members to offer private donations totaling over $50,000 which was then matched by a grant of $50,000 from MEDC. They are the first business in Michigan to use this combination of limited profit company model funded by the founders, private donations, and grants. However, this type of business model also means the owners receive less profit than a normal Corporate, Sole Proprietor, or LLC Model. I asked Patrick Zieske, the partner with 35 years experience in information technology and financial forecasting systems, why they landed on the L3C model, to which he replied:

> As for the L3C model, I found it most valuable because it accurately blends the various motivations that we—and others—actually felt in establishing this enterprise. It makes a true statement of who we are. We don't have to choose between social good and profit. Both are valid when kept in good balance. People who have contributed to us in various ways are each doing it for their own reasons. Crowd funding donors gave us money with no expectation of return because they simply wanted to make real the vision of healthy, local food in the community, along with a pleasant social space. Equity investors want some financial return, but they wouldn't invest purely for that reason—they believe in the mission too. Some people want

to volunteer in the store simply because they love it (although please note, we haven't yet decided how much we want to utilize volunteer workers). Some people simply want to support the farmers by supporting Agricole. This should be recognized as the true nature of any benevolent enterprise: to give back in multiple ways, in multiple forms of capital, only some of which are financial. It is most encouraging to see this concept becoming so well accepted with the MEDC and with individual donors and investors.

The project was a three-year planning collaboration. There are many people involved above and beyond who I mention in this article, all of who desired to revitalize the local food economy. The owners are extremely transparent and share openly their enthusiasm about this business model. In addition to their own initial investment, they decided to take zero profit or pay out from the business for at least five years while they donate their time. If profits exceed the projection, the partners envision recycling more money into the local economy by raising the farmers' share of the sales price. Their paid staff received free customer service training through "Zingtrain," a program created by Zingerman's Deli as a way to educate food service businesses on best practices, sales, and marketing. One can see Agricole's benevolent passion toward co-creating a vibrant food-centric retail and community space for the greater Chelsea area.

All of the goods the market has to offer comes from farmers and producers within a fifty-mile radius and supports the local economy by ensuring that seventy-five cents of every dollar goes directly to those producers and farmers.

In addition to the market, coffee bar, bakery, and an indoor-outdoor community area, there are four upstairs apartments in the Agricole building. This makes it a one-of-a-kind mixed-use development project in Chelsea. With free parking, and the building being within walking distance for many residents, its location lowers the carbon footprint for both farmer and customer. Currently there is an additional three hundred and fifty square foot kitchen and counter sales venue available for rent within the market for anyone interested in selling on-site prepared foods, or for an accelerator kitchen. Agricole's vision is in creating a place where people commune, have meetings, and relax while eating local delights and sipping coffee, thus supporting local farmers and producers year round. This means that local producers have a place to sell their goods through the market making it more feasible to sustain their businesses in all seasons.

Farmers who grow berries in the summer can make jams or freeze them for sale during winter months. It also creates a viable outlet for "Grab-and Go" food items prepared in approved cottage industry kitchens, limited shelf beverages, dairy products, eggs, and more. The frozen food section offers meats and produce as well as specialty items, and of course locally made ice cream. Easily stored vegetables and fruits such as potatoes, garlic, onions, some greens, root vegetables, apples, winter squash, and the like are always on the shelves. They also mentioned the possibility of food carts, trucks, and pop-up events in the future as well as food-centric festivals and live music on their roadside outdoor patio and parking lot.

The owner's vision is lofty, yet based on the solid footprint that Argus Farm Stop (which for five years has successfully operated at two locations in Ann Arbor) provided. Having mentors like Sample and Brinkenhoof has given the Agricole team the confidence and numbers to ensure this venture will be a success—not only for their own investment, but for the community as a whole. Owner Abby Hurst shared this about Agricole's relationship with Argus:

> Kathy and Bill continue to be hugely supportive, but only offer ideas or input when we ask. We spent three days with them in the fall in a workshop format and they shared all of their financial data, vendors, startup costs/process, and operational methodology. They have been very transparent and encouraging throughout the process.

I am endlessly curious about business mentorship and collaborative community development. So I reached out to Sample about Argus' commitment to sharing their business model with others like Agricole, even though they may be seen as competition.

Angela Madaras: What inspired you to share your business plans and model with Agricole?

Kathy Sample: It has always been our plan to be open and to encourage others to try out our model, or variations of it. It is part of our mission of growing the local agricultural economy. We started Argus with the premise that any impact we have that helps local farms find a stronger foothold in the food economy is consistent with our mission. We feel that working creatively on this with everyone in this ecosystem will result in the strongest growth for local farms. We started with 40 farms and now sell for over 200!

Angela Madaras: Do you plan to continue mentoring the owners?

Kathy Sample: Yes, we do! We expect to *learn* from them, as well—they are a very committed, talented group and are asking good questions about why we have certain operational procedures. I expect they will help us improve ours!

Angela Madaras: Are you receiving inquiries from others who wish to duplicate this model in other areas, and if so where?

Kathy Sample: We are currently in discussions with 20 plus groups around the U.S. about our model. They are all in different stages, and we try to help them and be as open as we can about our operating model and what to expect. In fact, we have developed a three-day consulting model so that these groups can come and see how our business model really works. If you are in the Hudson Valley, visit Random Harvest, a group who visited and has a compelling operation already!

Angela Madaras: What is the best aspect of this business for you? What brings you the most joy?

Kathy Sample: The PEOPLE we work with—the farmers and the customers and staff are the best part of doing this.

I had tea with Sharon Norton and Abby Hurst, two of the four Agricole owners on a sun-drenched day at Argus Farm Stop's greenhouse in spring 2019. We then began emailing and bringing in the voices of the other two owners, Patrick Zieske and Kathy Kennedy, who equally share the enthusiasm and passion for what they are creating. The people and spirits behind a business are important to note. This is the human factor that is so important in any community collaboration. We are in this way a family, sharing our dreams and visions of a sustainable society where we can live, eat, and create together in peace and perhaps joy. The community table so to speak.

Angela Madaras: How did each of you find your way to one another?

Abby Hurst: Each of us had individually been inspired by the first Argus store on Liberty in its opening year and began dreaming about replicating a market like this in Chelsea. Patrick worked with a group of people in Chelsea called Transition Town who formed a committee to explore the market concept starting in 2015. Sharon found her way to this group after originally considering a location west of Chelsea. Abby approached the group after her and her husband, Joe Ziolkowski, discussed creating a community oriented food space in the Mack Building in downtown Chelsea which was under plans for renovation. Kathy has had a lifelong dream to run a food co-op and found her way to this small team. After much deliberation and lengthy discussion on the business model, unique community assets, and challenges of small businesses in small towns, the group decided to band together to form the business collectively. It was a process of gaining trust in each other, knowing each other's expectations, and having a shared commitment to the mission.

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Agricole FARM STOP

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The process of flushing out the business model, creating an operating agreement, aligning stakeholders in the community, raising investment capital, writing grants, talking with local producers, naming the business, and designing the market layout has been an 18-month journey which has forged strong bonds and foundation for the future. We are deeply committed to becoming the best community market and local food resource we can be for Chelsea and surrounding communities.

Angela Madaras: Can you break down the various areas in which your expertise will come in handy running this business? Who will do what and why?

Patrick Zieske: First off there are some things that all of us are going to do. When it comes to operating the store, each of us will be doing shifts at the beginning, partly because each of us is bringing in a passion for local food and serving the community in a very hands-on way. My professional background is in the areas of computer technology and financial analysis, so I get stuck with the role of tech guy: point-of-sales systems, accounting, web site, back office, computer networking, payroll, and a lot of banking. It just happened that way, I didn't really ask for it, but I see the opportunity to contribute the greatest value in these ways.

Other specializations have naturally fallen into place too. Abby Hurst has gravitated toward the physical build-out of the Agricole space in the building. Perhaps that has just a little bit to do with her husband who owns the overall building renovation project? Definitely it does. Abby also took the lead on the "crowdfunding campaign" which fit her prior experience running non-profit organizations. Now, she is playing a leading role in the hiring of staff.
Kathy Kennedy has been absorbed largely as the point person or liaison for producers. In some ways this is the fun stuff, but it can also be quite tedious keeping track of the status and following up with so many people. She probably didn't think her role as Sylvan Township Clerk was a prelude to this, but it definitely has been. Farther ahead, she hopes to also bring in Double Up Food Bucks to make Agricole a more affordable option to people with low incomes, as she has done before with the Chelsea Farmers Market.

Sharon Norton has worked in sales for several years and hopes to bring this skill into the market. Customer service is at the top of her list so as to deliver our produce and products in the best way possible for our customers, all the while supporting our local farmers and producers.

Angela Madaras: Is there an overall spiritual and or ethical-humanitarian drive behind your values? How do your values shape your business model?

Patrick Zieske: It is multi-faceted. We believe, as Argus Farm Stop has stated succinctly, our future is local. We see ourselves as being an integral part of the movement toward local and sustainable agriculture. We are reclaiming the connection with the land, the farmer, and the food that we are putting into our mouths. It is hard to imagine a more intimate connection. You do not feel that connection at all in an ordinary grocery store model for the simple reason that the growing of the food is so remote from the consumer. At Agricole, we want people to feel it when they taste the food. We want people to be conscious that 75% of the sales go back to the farmer-producers—the same farmer who is labeled on the shelf and whom you might actually meet in person. We also want to enable people to make a conscious choice about health and nutritional properties of food, build a feeling of trust in the farmers, and grow a practice that is worth so much more than simply finding an organic labeled box. Finally, we hope to provide a social anchor point where people will build their own connections with each other! There is nothing quite like food or a morning coffee in a pleasant downtown atmosphere.

Angela Madaras: It is obvious each partner views the business as more than a way of creating income. You each have an enthusiastic passion for making our food system and community more sustainable. Was this always a passion or did something happen to grow this desire?

Agricole Farm Stop and Coffee Bar is about cultivating a culture of community through our connections to its people, soil, and local foods combined with a central meeting and trading place in the heart of historic downtown Chelsea.

Kathy Kennedy: For me, this project is all about community. I have always been interested in grass roots movements and acting locally. I think it is the way we can have the greatest impact on our and our neighbor's lives. When we realize we are all part of a functioning community, it fosters the caring and empathetic understanding so often missing in our contemporary world at large.

Patrick Zieske: I would say that my interest in sustainable food took some time to develop. Really, only in the past five to ten years has this been important to me. It is a combination of experiencing some of the problems are interrelated, and then finding the spark of inspiration that says, "Here, you can actually do something about it." I moved to Chelsea ten years ago largely because I was attracted to the community that we have here. It is definitely worth reminding people who might otherwise take it for granted. This is indeed a special place, and it is an honor to be able to contribute to the future of our community.

Sharon Norton: The local food movement has been of real interest to me in the last ten years or so. I have seen the impact large corporate farming has had on the small farm and saw Agricole as a way to play a part in giving back to the local farmer.

Angela Madaras: As our political, ecological, social, and financial structures continue to fracture, what makes Agricole a possible solution for not just our Chelsea community, but other communities throughout Michigan and beyond? And do you see it as an exemplary model for other types of businesses outside the food-agriculture world? Or is this just a model for farm and food areas of interest?

Patrick Zieske: Buckminster Fuller said, “You never change things by fighting against the existing reality. To change something, build a new model that makes the old model obsolete." Well, sometimes you really DO need to fight it, but very often the fight starts with the struggle of the imagination to see beyond where we are now. That which is unsustainable will not be sustained, for sure. If you share a concern about our future and think it might have something to do with the fragmentation of our relationships—to each other in our communities, to our economies, to our sense of place, and our own bodies in the case of food—then perhaps you would like to see a model like Agricole take root. Argus Farm Stop has taken on a part of their mission to spread their business model—that is one reason why Agricole is here now. Every town that is agriculturally rich could have a store like this. Each time one succeeds, it has the potential to inspire more.

Kathy Kennedy: Our vision for Agricole supports community connections; with customers, farmers, and producers. The more we can come together as a community, the greater our chances of successfully working together. In fact, I believe interacting with each other at a community level is the antidote to the fracturing of our society. Whether it is having a community space for gathering, or a way to know your local farmers, we hope our store will help create deeper, more meaningful connections to each other.

Angela Madaras: How do you envision creating a food destination scene in Chelsea? And how do you measure if a community is ready for this? Have you polled citizens? I ask this because there have been efforts in the past which did not turn out well. Have you seen local community members' support aside from crowd funding and personal donations?

Sharon Norton: The Chelsea Community appears to be very supportive of our farm stop. I have been to several of the local businesses, and just talking to people in general, and have heard a great deal of excitement and eagerness for this store to open. I have no doubt that the surrounding communities will also support our endeavor. They are looking forward to local produce on a daily basis.

The process of flushing out the business model, creating an operating agreement, aligning stakeholders in the community, raising investment capital, writing grants, talking with local producers, naming the business, and designing the market layout has been an 18-month journey which has forged strong bonds and foundation for the future.

—Abby Hurst

Angela Madaras: In a perfect world, what does Agricole and Chelsea look like five years down the road?

Abby Hurst: I see Agricole being a model for positive change and Chelsea being the destination point for others to witness this change—hopefully to emulate our model in other towns and cities.

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Agricole FARM STOP

continued from previous page 49

Brogan Darwin was working as a Staff Manager for Argus Farm Stop when offered an opportunity to apply for Agricole's General Manager position. She has played an integral part in the opening of Agricole with 100% support from the owners and staff at Argus. She took the opportunity because she lives in the Chelsea area and is passionate about local food.

Patrick Zieske: Agricole is going to be the hub of a vibrant Chelsea Community. We will know it is happening when people no longer feel like driving to Ann Arbor or Jackson to find their food. In an ideal world five years from now, Agricole's space will not be large enough. There will need to be a couple more places like this in different parts of town.

Additionally, maybe we will have a commercial kitchen in the suite next door in the same building. Maybe an animal processing facility started by some people in the Chelsea area. These kinds of things will help increase local agricultural capacity and reduce the cost of operations for producers, ultimately bringing down the price point to customers too.

Angela Madaras: What do you want your customers and neighbors to know or understand about Agricole and its people?

Sharon Norton: I would hope that our customers would understand our mission to support the local farmers by giving directly to them via our market. We are dedicated to this mission.

Kathy Kennedy: By using the consignment model, we are giving back 75% of sales back to the farmer and producer. This is much greater than they get at other stores. Customers can feel good that they are supporting their neighbors and having a positive impact on their health and community's health. Above all we are mission driven, and that mission focuses on growing our local food economy.

I have been involved in the area of mindful eating and shopping, in addition to growing, raising, and cooking food professionally for many years. I remember learning how to bake bread at the Wildflour Community Bakery, which is now Café Verde on Fourth Avenue in Ann Arbor. I was nineteen. The love of food, nutrition, health, wellness, and everything local-food began for me at that moment. The fact that I live between Chelsea and Ann Arbor is a true gift, one that will grow in depth with Agricole opening the doors wide open for others in this unique and fast growing business we call local food.

Visit Agricole at the corner of Main Street and Jackson Street in Chelsea, Michigan. They are open seven days a week. For more information give them a call at (734) 389-8880, visit them online at agricolefarmstop.com, or follow them on Facebook @agricolefarmstop.

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When school starts and the stars begin to twinkle a bit earlier in the evening sky, one can't help but think of picking apples, carving pumpkins, Halloween costumes, and hay rides. We've compiled some of the most unique orchard and farm experiences we could find in southeastern Michigan. Grab your jacket and wellies and enjoy the crisp autumn air before Jack Frost dances on your eyelashes!

Wing Farm

Wing Farm, located in Ann Arbor, has been locally owned and operated for over 150 years by the same family. Over the years, the farm has been host to herds of sheep, cattle, and cows as well as fields growing corn, soybeans, and rye, as well as their locally famous giant pumpkins. You can purchase a farm fresh turkey for your Thanksgiving table, gourds, and pumpkins. They also sell cider and offer hayrides on the weekends beginning September 28th. To learn more about Wing Farm, visit them online at wingfarms.com. Wing Farms is located at 5335 Dexter Ann Arbor Road, Ann Arbor, MI 48103.

Jenny's Farm Stand

For a great family day out, take a drive just west of Dexter to Jenny's Farm Stand. This 200-year-old working farm offers fun for the whole family. Enjoy a romp through the straw maze, pick a pumpkin, ride a pony, or enjoy a hayride through the pumpkin patch. Ready for a snack? You'll find freshly made doughnuts, maple syrup, canned goods, and seasonal fruits and vegetables. For more information, visit them online at jennysfarmmarket.com. Jenny's Farm Stand is located at 8366 Island Lake Road, Dexter, MI 48130.

Wasem Fruit Farm

You may recognize this farm from their Ann Arbor Farmer's Market stall. Wasem fruit farm is a family owned fruit farm in Milan. You can pick your own apples, pumpkins, and cherries. They also offer cider and fresh doughnuts made daily. In addition, they grow a variety of other fruits, including: currants (red and black), gooseberries, peaches, plums, pears, and raspberries. Check out their Facebook page for up-to-date information. Visit them online at wasemfruitfarm.com. Wasem Fruit Farm is located at 6580 Judd Road, Milan, MI 48160.

Kapnick Orchards

Kapnick Orchards is located south of Ann Arbor in rural Britton. It's a great drive on a sunny fall day. The orchard has been family owned and operated since 1958 and boasts its own bakery and cider mill. In their farm store, you can purchase homemade fudge and apple butter, as well as freshly baked goods, doughnuts, prepared jams, nuts, and candies. In the fall, you can pick your own apples and pumpkins, enjoy a wagon ride through their Enchanted Forest, and visit the farm animals. The second weekend in October is their annual Apple Festival featuring artisans and crafters, entertainment, and of course seasonal goodies! For more information visit their website, kapnickorchards.com. Kapnick Orchards is located at 4245 Rogers Highway, Britton, MI 49229.

Plymouth Orchards and Cider Mill

A woman owned and operated business since 1977, Plymouth Orchards and Cider Mill offers cider, doughnuts, wagon rides, and live entertainment. In 2018, with a grant from Michigan State University, they were able to purchase solar electric panels that provide 70% of the electricity the farm needs to operate the cider mill building. Committed to sustainable practices, they are also a certified organic working farm growing apples, blackberries, raspberries, and asparagus as well as organic rye, oats, and hay. The orchard offers wagon rides to the pumpkin patch, a meander through the hay bale maze, a visit to the farm animals, or you can watch cider being pressed and staff making doughnuts and pies. Find more information online at plymouthorchards.com. Plymouth Orchards and Cider Mill is located at 10685 Warren Road, Plymouth, MI 48170.

Tea Time with Peggy

Teas to Boost Immunity

By Peggy Alaniz

As the warm days of summer fade away, our Michigan evenings will turn crisp, with the cool hint of fall in the air. Even though I love autumn with all its brilliant colors, pumpkins, and the occasional bonfire, I also realize it is the prelude to something possibly more sinister. I am of course talking about cold and flu season. While maintaining a well-balanced diet and a good exercise regimen can help prevent sickness, so can a nice warm cup of tea on a cool fall evening.

Three teas that are power houses when it comes to boosting your immunity are green tea, white tea, and rooibos. Green and white varieties are the true teas, since both come from the same camellia sinensis plant, yet are harvested at different stages in the plant's life. White tea is the baby bud of the plant harvested in the spring. Green Tea is made from the full-grown leaves that have been steamed in order to stop oxidation. Both are high in antioxidants and are a good source of Vitamin C, which can also be found in black or oolong teas. However, green and white teas are the least processed, so they contain the most benefits. If you need a non-caffeinated immunity boost, you should go with the rooibos, or what some refer to as red tea. It is pronounced *roy-boss* and literally translates to "red bush." Unlike white and green teas, rooibos is herbal and comes from South Africa. Rooibos contains the highest number of antioxidants that can be found in a tea. Personally, I find that the rooibos tends to have a very strong medicine-like taste. I prefer to drink it mixed with spices such a cardamom and cinnamon. It also pairs well with some dried coconut. You do want to be careful adding any milk or milk substitute to rooibos since it will cause them to curdle. To keep the milk from curdling, the addition of some vanilla prior to adding the milk will usually help, and it helps with the flavor of the tea.

In addition to boosting immunity, teas can also help relieve the symptoms of a bacterial infection should you happen to catch an illness. Teas that contain ginger, citrus, or lemongrass all help to calm inflammation that can occur with a sore throat due to a bacterial infection. Add a little honey to sweeten the tea for good measure. The honey also helps to calm a scratchy throat.

For ailments such as a stuffy head or sinus and chest congestion, peppermint tea has been known to provide relief. Peppermint is a muscle relaxant and has a natural pain-relieving quality. It also contains menthol, which will open up stuffy sinuses and break up congestion. The great thing about peppermint tea is that you can drink it to receive the benefits, or place a few tea bags in the bottom of your tub and take a hot shower while breathing in the aroma.

While no tea can replace going to the doctor, they sure do help while you're on the road to recovery. Good luck everyone, and remember to drink your tea!

Fall tea suggestion: Nothing says fall quite like a cup of fresh apple cider. Why not try it hot and spiced with a cinnamon, clove, and a cardamom tea bag along with a slice of fresh orange?

Peggy Alaniz is a local tea enthusiast and former resident of Boulder, CO where she spent time employed by Celestial Seasonings. Have a question about tea? Email Peggy at paalaniz.email.me@gmail.com.

Great Tastes in Local Food

By Crysta Coburn
Photography by Rachel Everheart

Anna's House

The interior of Anna's House is bright with splashes of blue, green, and rainbow stripes against a white palette and so many patterns that manage to draw the eye without being too busy and distracting (it kind of reminds me of a beach house). The decorations on the walls and shelves are appropriately retro and kitsch—one blue and gold porcelain teapot looks like it came from my great-grandparents' farm. And the U-shaped counter in the center of the restaurant is classic diner.

Yes, Anna's House is a chain—the Ann Arbor location is the eighth to open—but it is a Michigan chain that began in Grand Rapids in 2002, and all locations are located within the peninsula state. While I love to support Michigan-based businesses, that isn't why I am highlighting Anna's House.

I am excited for the dedicated gluten free kitchen space and full vegan menu that is given out alongside the conventional menu without special request. Vegan isn't considered unusual or offered as a concession at Anna's House—it's part of their thing. As for the gluten free kitchen, Anna's House had this to say when I queried them:

> We definitely do our best to ensure a safe dining environment for those who have gluten intolerances and other food allergies. We dedicate a certain area of our kitchen to preparing allergy orders. If you have an allergy, we suggest letting your server know right away so that we can cook your dish in this area. We have separate containers, pans, and cooking utensils that we use ONLY to cook these special orders.

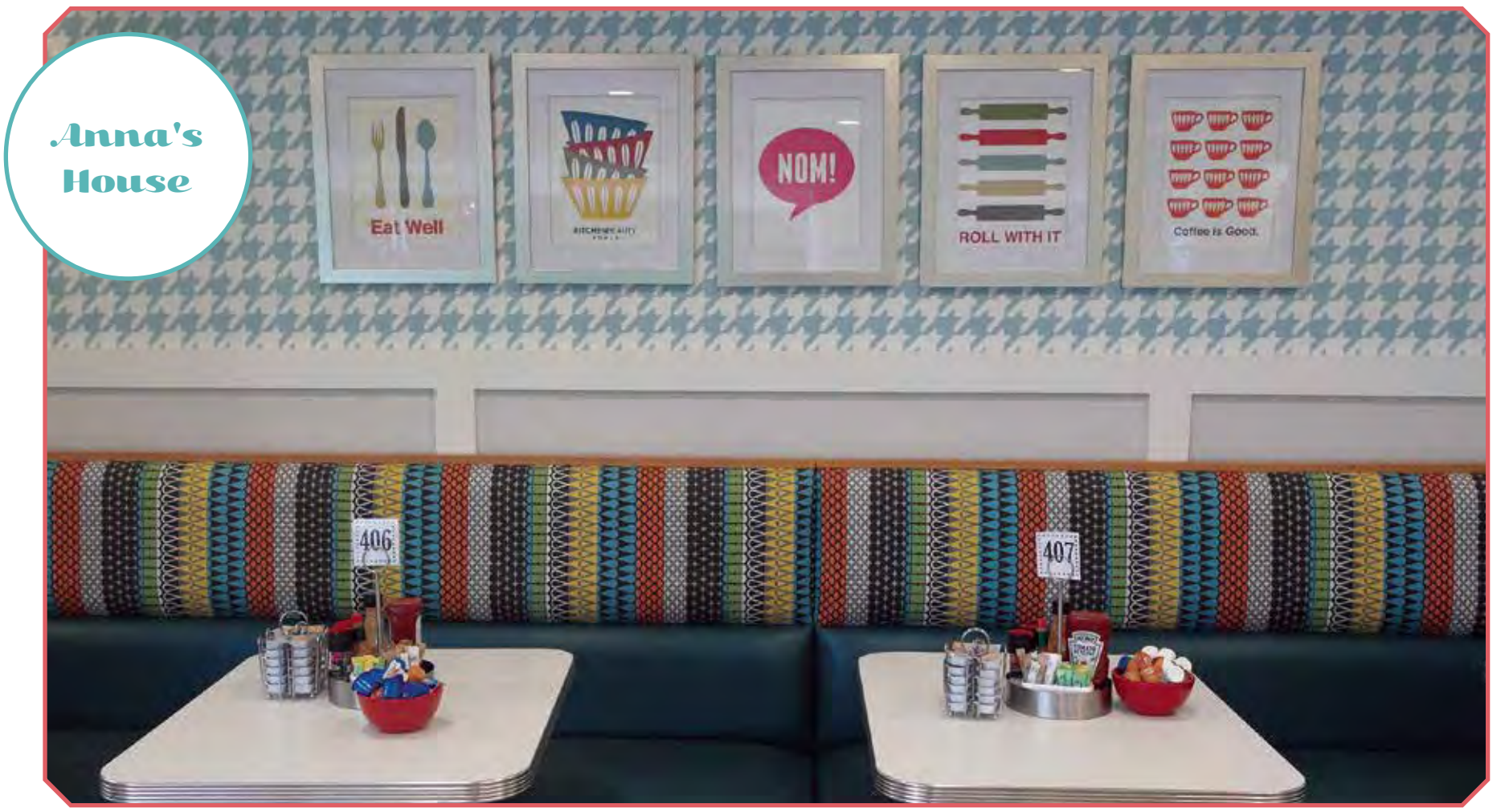
I have not encountered many restaurants with such dedication. After speaking with multiple representatives of the restaurant, I feel confident bringing my vegan and gluten free friends here. And the food is delicious! I don't know where their gluten free bread for toast comes from, but I really enjoyed it. I can't wait to try the gluten free cinnamon roll!

Truthfully, I am not really a breakfast eater, so having so many items on a menu that I had trouble deciding between was a new and wonderful experience for me. I took my mother to Anna's House in Kalamazoo for a belated Mother's Day, then went with my husband to Ann Arbor's location a week later because my mother and I had had such a great experience.

Anna's House is located near Briarwood mall and surrounded by other competing chain restaurants—but it is definitely a welcome addition to the foodscape, especially to the more commercial south side of town.

Anna's House is located at 445 East Eisenhower Parkway in Ann Arbor, and is open from 6 a.m. to 3 p.m. every day of the week. For more information, visit annashouseus.com or call 734-726-9490.

Truthfully, I am not really a breakfast eater, so having so many items on a menu that I had trouble deciding between was a new and wonderful experience for me.



La Taqueria

Between Ann Arbor and Ypsilanti, there are over 30 places to get tacos. If you want to open a new taqueria, you had better bring something new to the table. La Taqueria in downtown Ann Arbor does just that. They aren't a Mexican restaurant, but do fusion tacos with North, Central, and South American and Asian inspirations. The tacos are served in soft corn tortillas with obligatory cilantro and lime wedge.

I started with chips, of course, and ordered two tacos. The first was the vegetarian Hongo, grilled portabellas (I *love* portabellas) and fresh corn with guacamole and queso fresco. The flavor profiles were so delicately balanced, I was impressed. It wasn't just a good taco, it was an interesting taco. I chewed slowly because I didn't want to miss anything.

The second taco I chose was the Sesamo, comprised of Asian-inspired grilled sirloin in sesame soy sauce with house-pickled cucumber slaw. It sounds so simple, and yet, it was the first time in my life when I truly wanted to meet the chef. The Sesamo was a fusion fiesta in my mouth. I could taste the freshness of the ingredients. I now think about it every time I am downtown. I was able to taste the Barbacoa taco ordered by my dining companion, and it was absolutely delicious, but it was no Sesamo.

Every day of the week has its own special, such as tofu on Tuesdays and the Hamburguesa on Saturday.

Most of the food items on the menu are $4 or $5, which I felt was appropriate given the quality of the ingredients and how much is stuffed into the tortilla. Two tacos with salsa and chips (made in-house) was more than enough for me, though my zealous taste buds wanted to keep going. And the strawberry cucumber lemonade was a terrific choice of beverage. They also have horchata, but were out of it on my first visit.

Every day of the week has its own special, such as tofu on Tuesdays and the Hamburguesa on Saturday (a cheeseburger taco with grilled onions, lettuce, tomato, pickle, and special sauce, so exactly what you were thinking). The drink menu includes beer, wine, fountain pop, coffee, tea, and specialty drinks of both the alcoholic and nonalcoholic nature.

There is not a ton of seating, which is not too unusual for newer downtown restaurants, but what there is is comfortable. Even without the specials, the menu is varied enough to keep one interested for many visits, but who doesn't enjoy a good hamburguesa wrapped in a corn tortilla? I'd give it a try.

Located at 106 East Liberty Street in Ann Arbor, La Taqueria is open Monday through Wednesday from 11 a.m. to 10 p.m., Thursday and Friday from 11 a.m. to 12 a.m., Saturday from 10 a.m. to 12 a.m., and Sunday from 10 a.m. to 10 p.m. For more information, visit lataqueriaannarbor.com, call 734-369-6922, or email info@lataqueriaannarbor.com.

Life Is Sweet is utterly delightful and completely worth the drive. For those of us who can consume gluten products without too much trouble, bakeries like this are paradise.

Life Is Sweet Bakery & Cafe

I am a sucker for a good photo–in my defense, my grandfather was a photographer—so Instagram is right up my alley, and the Life Is Sweet Bakery & Cafe has one of the most beautiful Instagram accounts I have ever encountered. If their pictures don't make you hungry, nothing will. The cookies are works of art and so adorable!

According to their website, the owner, Margaret Prince, not only has "a baking and pastry certification from Washtenaw Community College," but worked in Whole Foods Market bakery for eight years. Suffice it to say, she knows her stuff. So it was with great anticipation that I headed to Milan to check this place out in person. I was not disappointed! Life Is Sweet is utterly delightful and completely worth the drive. For those of us who can consume gluten products without too much trouble, bakeries like this are paradise.

The color pallette is soft but colorful, the furniture like something you would have in your dining room at home—if you painted your wood furniture white, sea foam, rose, and other muted tones. The effect is both fun and cozy. There is even a pair of rocking chairs by the window.

If you choose to dine in, there are grilled sandwiches made fresh, such as the beef and cheddar (my choice) and Cubano (my husband's). I recommend the chai latte, which was neither too sweet nor too spicy. The coffee was also nice. Since Life Is Sweet is a cafe as well as bakery, you can enjoy staples like lattes and cappuccinos with your sandwich, cream puff, creme brulee tart, danish, cake, scone, lemon bar, ice cream, or countless other delectables.

There are also wraps, salads, parfaits, bottled sodas and teas, and more in the commercial refrigerators along the back wall if you can't stay. You will also find cartons of Guernsey Dairy ice cream in addition to the cones up front, so you can even have your ice cream to-go.

And, of course, there are the pastries. And cookies. And biscotti. And brookies. (Brookies are an invention of Prince's, "a thick, chewy, deep dish, personal cookie," like "if a brownie and a cookie had a baby.") All wrapped and ready to go home with you!

The butter cookies come in an impressive array of flavors including birthday cake, earl grey, chai, cherry, lavender and lemon, and more. You can also get cookies in the most adorable shapes! Dinosaurs, frogs, cupcakes, mason jars, hearts…

If you have an event, they have a Gathering Place for you to entertain, as well. This would be a wonderful spot for a child's birthday party, a club meeting, or a bridal shower.

Life Is Sweet made my heart and my taste buds full and happy!

Life is Sweet Bakery & Cafe is located in Milan at 42 East Main Street. Hours are Tuesday through Friday from 10 a.m. to 7 p.m. and Saturday from 11 a.m. to 5 p.m. For more information, visit mplifeissweet.com or call 734-628-7184. And follow on Instagram @mplifeissweet!

HumusFalafil:
Sharing Culture, Cuisine, & Wisdom Ferial Rewoltd's Way

By Angela Madaras
Photography by Fresh Coast Photography

My first bite of Middle Eastern gastronomy was around age fifteen. There was a lovely Lebanese woman in her seventies who owned a food cart in a small shopping mall. She made her falafel like giant vegetable burgers with hearty chunks of chick peas, tahini, fresh parsley, garlic, lemon, and other magical ingredients she had in her secret stash. She would not share her ingredients or recipes with me except explaining a little cultural background and what basic ingredients went into her tasty street food. Her kibbhe was not the traditional raw ground lamb though. She instead baked finely minced lamb and seasonings into a square patty that was quite thin and crispy. I cherished her food. I later found out she was an aunt of one of my friends.

Flash forward to present day. Ferial Rewoltd is also Lebanese, in her seventies, and owns a similar food stand and wholesale business selling traditional gastronomic delights infused with her own unique flare of food from a variety of Mediterranean countries. I stumbled upon her at the Ann Arbor Farmers Market three years ago. She offered me a sample and began explaining what I tasted. Her energy was exuberant and infectious; she had enormous warmth about her that resembled the chef from my past, yet Rewoltd's food was completely different. She not only serves traditional Lebanese cuisine, but also mixes in Italian, Turkish, Greek, and Syrian for her own blend of a cultural collision. It is reminiscent of our own American melting pot. During our time together, Rewoldt taught me the importance of sharing our culture through food and old fashion face-to-face conversation. Think of the many current issues that we could solve if only we sat down at the table over a meal and respectful communication!

Ferial Rewoltd is also Lebanese, in her seventies, and owns a similar food stand and wholesale business selling traditional gastronomic delights infused with her own unique flare of food from a variety of Mediterranean countries.

After my first encounter with Rewoltd's business she calls "HumusFalafil," I read a profile of her in The Ann Arbor Observer, written by John Hilton, highlighting her special food. I asked John for a quote, as he is one of her biggest fans, to which he exclaimed:

> *"She impressed me first with her determination, resolutely bundled against the cold at the winter market. Then I discovered that her warming tray held the best spinach pie I'd ever had. And then I found she was a born teacher, delighted to explain just what makes her spinach pie different (three different cheeses! nutmeg!), and where muhamara comes from in Syria, and why its flavor is so deep and complex (roasted peppers! walnuts! pomegranate molasses!). I was impressed, too, at her clear thinking about the business of selling at the market—pricing almost everything at $5 to make change-making easy, introducing new things, and always, always, welcoming and teaching new customers.*
> *She made my Saturdays happier! When my car unexpectedly needed a major repair last weekend, I ended up walking home several miles, thinking all the way about stopping at the market for a spinach pie. I did, and it was every bit as good as I'd imagined it."*

My conversations with Rewoldt took place over several visits to her winter pop-up at Argus Farm Stop, and many emails, and during a two-hour interview where I also met her adoring son, Joseph. We jokingly said this article should be titled "Driving Miss Ferial" since Joey spent his day driving her around, as her husband usually does, delivering goods and buying food for a day of preparation.

We jokingly said this article should be titled "Driving Miss Ferial" since Joey spent his day driving her around, as her husband usually does, delivering goods and buying food for a day of preparation.

Angela Madaras: Ferial, can you explain to our readers your professional and cultural background, and how you came into the food business three years ago?

Ferial Rewoldt: I grew up in Lebanon in a small city called Jounieh on the Mediterranean Sea north of the capital city, Beirut. I am the third child in a family of four. As a young adult I moved to Beirut where I graduated from the American University of Beirut with a Bachelor of Science in Nursing. I practiced for a few years at the University's Medical Center. Since my intention was to become a teacher, I continued my higher education in the field of Educational Psychology. It was then that the Lebanese Civil War broke out and disrupted normal life for many years.

During that period, I met an American woman from Toledo, Ohio named Donna Shaya who was married to a Kuwaiti gentleman. She was also studying at the American University of Beirut. We both were the same age and both nurses.

She was very kind to apply on my behalf for a nursing job at the Toledo Medical Center. Once she received the acceptance of employment, she applied and sponsored me to immigrate. Upon being granted the immigration visa, she guided me as to what to do after arriving in the U.S.A., which happened in June of 1976. Her family in Toledo was also generous to guide me as I settled down and started work. They taught me a big lesson in generosity and caring for people without any expectations in return.

During our time together, Rewoldt taught me the importance of sharing our culture through food and old fashion face-to-face conversation.

By the end of that summer I moved to Detroit to attend the Masters of Nursing program at Wayne State, and after that, attended the School of Public Health at the University of Michigan. I then started working part time, then full time as a Registered Nurse at the University of Michigan Medical Center until I finally retired 30 years later in 2011.

After retiring I did what retirees usually do: frequent visits with family, working out at the gym, and biking, traveling, attending cultural and musical concerts. Five years later, in 2016, I sent an email message to the manager of the Chelsea Farmers Market, Stephanie Willette. I asked if Mediterranean food is of interest to the market. Stephanie was kind enough to invite me to be a vendor and mentored me through the process. In general my menu includes: Hummus, Baba Ghanouge, Italian Spinach-Cheese Pie, Egyptian Falafil Sandwiches, Lentil Soup, Syrian Muhammura, Garlic Dip, Garcinia Tea, and Tahini Brownies. We are into using Tahini whenever possible. In the summer I add a cold herb drink and Manakish, which is an herb pie, or flatbread sprinkled with Zaatar (thyme, sumac, and sesame seeds).

Angela Madaras: Can you explain why you spell falafel and hummus differently than it is usually spelled? And how did you come by the name for your business?

Ferial Rewoldt: In 2016 when I started this business I intended to focus on humus and falafil, two very popular foods in southeastern Michigan. I thought focusing on these two names would allow customers to easily identify what I am trying to provide them. I had the customer in mind. I wanted to facilitate their experience interacting with me. Since then, I have tried to come up with a more professional name, but "HumusFalafil" has a certain ring to it despite its goofiness. I ask for recommendations for a new name and many suggest using my personal name.

Knowing English grammar, I knew the reason Hummus has two M's between the two vowels. I thought removing one M won't change the pronunciation or the meaning of the word but allows for less clutter on the banner I used. That banner has since been replaced. Falafil on the other hand can be spelled with "i" or "e" in the later part of the word… and now I'm stuck with it.

AM: Do you have staff helping you? For our readers would you mind sharing your age? I find your stamina to be most inspirational for any age. It is you, and those of like mind, who can teach people that life can be vibrant and fulfilling at any age, and that it is never too late to pursue joy and start a business from the passion and love for one's craft or talent.

FR: Right now, I get support from my son, my niece, my husband, and a few other family friends who chip in a few hours here and there to help me carry the load. I'll have to hire more full-time employees if my business continues to grow. I am 72-years-old. I find myself thinking I am lucky to be involved in this business after retirement. I meet people and enjoy their company, and I feel very lucky to be a part of the Farmers Market Community. My husband Jeff was kind to tell me that the criterion for continuing this work is simply to "have fun." So far I love what I am doing. The commitment to this community keeps me from quitting on tough days!

My husband thought I was crazy when I first told him I wanted to pursue this project. I don't know if my kids felt that way. My older son, Joseph, politely asked me if I am making any money. Based on the "I am not sure" answer I gave him he took the time and energy to analyze the work in detail and advised me as to which items had to go off the menu or raise prices. One of those items is Muhammura. I could not slash the item off the menu based on what the customers told me. They loved it. Disappointment is expressed frequently when I run out of it! So it is still being offered. My husband is very supportive. He drives me to the market and helps with setting up the tent, tables, and banners. He has learned not to leave until I give the thumbs up, indicating we have not forgotten anything and I am good to go for the day. I often interact with him via email in case I need things during market days. He dutifully drives to deliver the items I need. I am lucky we live in Ann Arbor about two miles away from the market. My son, Joey, has been more than generous. He spends periods of time actively getting me organized and planning to take this business to the next level.

Ferial Rewoldt has been happily serving farmers market customers since 2016.

AM: You are pretty famous for educating your customers about the food you make, its cultural significance, and sometimes sharing recipes. Would you consider teaching a cooking class? And is there a reason we should be mindful of preserving our cultural heritage and recipes for future generations?

FR: Educating my customers about the food I prepare is based on my belief that some of these foods are "foreign" to some Americans. Even the hummus, which is very popular. I find people not knowing how essential tahini versus olive oil is to its preparation. Another factor behind the education I do is my conviction to tell customers

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HumusFalafil
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a story around the food that will engage them and make it more appealing. I address the geographic location of each items origin. As for the Italian Spinach Pie, I tell customers the differences between it and the Greek version.

Muhammura is a very interesting dip. Its origin is Aleppo, Syria (according to Wikipedia). I always start with dry ingredients to facilitate the work of the food processor. So I start with garlic, walnut, breadcrumbs, cumin, and red pepper. Once those are mixed I add roasted red pepper, pomegranate molasses, lemon juice, and olive oil. The end result is a rich dip from olive oil and walnut, slightly sweet from the molasses, and a bit of kick at the end from the cumin and red pepper. I usually have a sample for customers to try. After I point out the presence of breadcrumbs for those needing gluten-free diet and walnut for nut allergy, I proceed to alert people about the hot kick that they tasted at the end. I say: Are you ready for a kick? With laughter and fun a sweet interaction takes place. Over the last two years the customers buying Muhammura have expanded its use from a dip to a sandwich spread and an accompaniment to oriental rice. The first year I started in Ann Arbor I used to have a young man ride his bike to the market and buy a Spinach Pie. Most of the time he would eat it before riding his bike again. I got to know him well. He was a PhD student in Mathematics at Michigan. He loved to cook. He ground his own flour in his apartment! On one occasion I noticed him smelling the pie before biting into it and for a while his eyes were fluttering. Prior to leaving town for a post doc on the East Coast he expressed interest in learning how to make the Spinach Pie. He ended up coming to my house where I coached him to make a tray of these pies and bake it. He took it to a group party the next day. Another customer from the area of Brighton also expressed interest in learning to make the pie. She ended up at my house with her daughter and adorable grandchildren. We all got into the making of two trays they brought with them. I would love to teach making hummus, grape leaves, and spinach pie. Sharing our cultural heritage is what makes this wonderful "melting pot" experience we are part of in the U.S.A..

My husband Jeff was kind to tell me that the criterion for continuing this work is simply to "have fun." So far I love what I am doing.

AM: What are your future business goals?

FR: My main goal can be summarized in the word "expansion." I would like my dreams to continue even after the time when I can't continue to work. So, providing hummus and other Mediterranean dishes such as baba ghanouge and pesto as fresh as possible with no preservatives would be a great accomplishment in our new world. Another goal would be to provide the same current menu to more residents of Ann Arbor, and beyond, in a venue that includes a drive thru. It's time to join other entities that provide such possibility. The goal would be to do that without compromising the quality of the food. A third dream is to find local suppliers of the main ingredients.

AM: Is there anything you would like to share with the readers we did not cover?

FR: So far, I have spent three years working on this project. I always try to at least break even financially. The initial financial investment I made solely on my own has been at times challenging. I have heard a number of times my son saying: "If you can't make profit, shut it down." I definitely think it's a great challenge to start a business. I know of a number of talented people who would like to start one, but are concerned over the finances. I am grateful for the encouragement and guidance of all who have helped me get to this point.

Visit with Ferial Rewoldt at the Ann Arbor Farmers Market on Wednesday and Saturday, or find her on Facebook @ humusfalafil. She sells her goods at both Argus Farm Stop locations and does a pop-up lunch every Thursday at their Packard Street location. You can also find hummus and baba ghanouge at the Sparrow Meat Market in Kerrytown.

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Weekend Getaways

Circle Pines Center – Not Just Another Summer Camp

By Petula Brown

The Circle Pines Center in Delton, Michigan, distinguishes itself as a getaway locale by offering opportunities to build self-awareness via interaction as well as introspection. Their mission is to promote peace, social justice, environmental stewardship, and cooperation. Through their scheduled family-friendly events (see their online calendar) and children's summer camps, they aim to demonstrate cooperation as a way of life. Become a member of Circle Pines (for $120.00 a year, less for low income families) and you'll get access to early event registration as well as ticket and rental discounts, but you don't have to be a member to have access to this 294 acres of rolling hills, forests, and lakefront property—most Circle Pines events are open to the public, and the property is also available for corporate retreats, family reunions, weddings, and community gatherings, as well as being able to accommodate the lone traveler.

Circle Pines' focus on group experiences is grounded in a philosophy established in 1882.

The annual Buttermilk Jamboree is a three-day festival that provides guests the chance to either camp overnight or visit for the day. With educational workshops, local vendors, a kid's area, and a craft beer/wine tent, the summer Jamboree is a cornucopia of activity that highlights cooperative practices in action. The festival also gives a platform for entertainers to set a celebratory vibe for attendees. Past performers include the indie group Last Gap Collective, folk musician Britt Kusserow, and vintage blues/jazz artist Luke Winslow-King.

September's Midwest Mushroom Camp is an opportunity to explore the area's population of mushroom species. Culinary, crafting, and educational sessions are available throughout the weekend and make Circle Pines a prime destination for mushroom lovers. In October, visitors can experience Apple Cider Weekend. After picking apples from the Center's orchard, guests press them into cider to enjoy during the season.

In addition to scheduled events, visitors can arrange private visits, as well as site rentals. The Center has hosted a variety of activities, including weddings, yoga retreats, and craft clubs, though Circle Pines is particularly interested in events with a focus on social justice or that have a cooperative angle. The property can accommodate 100 people during the summer season and 30 during winter months. Rentals can include use of the Center's kitchen, or catering arranged by Circle Pines is available.

With educational workshops, local vendors, a kid's area, and a craft beer/wine tent, the summer Jamboree is a cornucopia of activity that highlights cooperative practices in action.

Circle Pines' focus on group experiences is grounded in a philosophy established in 1882. As part of the Central States Cooperative League, its philosophy emphasized economic reform and peace education as well as embracing the cooperative movement of that era. Hosted at the Ashland Folk School in Grant, Michigan for 60 years, the co-op expanded and moved to its current location in 1940. It now makes its home on the property of Stewart Farm in the town of Delton. Operating as a folk school and family camp, over the years Circle Pines members (CPC'ers) have engaged in activism related to civil rights, peace initiatives, and environmental consciousness, illustrating commitment to the Center's primary mission—to show the advantages of cooperation as a way of life.

Circle Pines embraces the natural beauty of forests, meadows, and a beach off of Stewart Lake. Although the Center has over 30 buildings, most blend into the wooded surroundings and have rustic interiors. The hub of activity, the Farmhouse, includes a commercial kitchen, dining hall, library, and meeting rooms. Its eclectic style reflects renovations done by Center members since the early 1900s. Nearby, Swallows Lodge provides heated lodging and close access to the main bathhouse and laundry room. Dispersed throughout the property, cabins (some heated), tent sites, bathhouses, and outdoor toilets supply other accommodation options. Other amenities include picnic tables, fire pits/rings, a wood-fired pizza oven, a stone labyrinth, and a wood-fired sauna. In the spirit of sustainability and economy, overnight guests should bring their own bedding, towels, and toiletries.

As an institution founded to support cooperative and sustainable living, the Circle Pines culinary staff sources locally whenever possible. Mud Lake Farm in Hudsonville provides greens and herbs, Crane Dance Farm in Middleville supplies meat products, and the coffee served at the Center is sourced from Higher Grounds Trading Company in Traverse City. Circle Pines also has a garden, an orchard, and uses wild foods available on the property. The Center's crops include apples, peaches, mushrooms, nettles, and black walnuts.

Given the Center's focus on education and cooperative living, Circle Pines camping programs are well suited to create collaborative and communal opportunities. Three full time staff members provide oversight for property management and public relations. There is a seasonal food service staff as well as volunteers. Many volunteers are former campers whose fond memories encourage a desire to give back. Geared toward youth participants, summer camps are the ideal time to introduce cooperative practices such as daily chores, working the camp store, and tending the garden. Campers also enjoy traditional activities like water sports, crafts, and outdoor games so their summer experience is fun as well as educational. On the Circle Pines website, interested parents can download a camp guide and apply for financial aid.

...over the years Circle Pines members (CPC'ers) have engaged in activism related to civil rights, peace initiatives, and environmental consciousness...

Throughout spring, summer, and fall, Circle Pines programming allows adults to experience its cooperative environment. Workbee retreats and weekend retreats offer free lodging and meals in exchange for labor to complete a variety of maintenance activities around the camp. Interspersed between cooperatively planned work tasks, free time is available to use Center amenities as well as socialize and refresh. The retreats are an ideal introduction to the Center's philosophies as well as an opportunity to engage with the natural beauty that surrounds Circle Pines.

The Center's membership model offers an opportunity to contribute to and influence its initiatives beyond occasional visits. It also reinforces the Circle Pines mission as an organization committed to cooperative living. During non-event periods, the rustic setting and secluded woodlands are well suited to accommodate solo travelers looking for a quiet respite. With the variety of activities, Circle Pines allows visitors to experience an expanded definition of wellness in a beautiful, natural setting.

Circle Pines is located at 8650 Mullen Road, Delton, Michigan 49046. You can reach them by phone by calling (269) 623-5555. Midwest Mushroom camp is September 27 – 29 and Apple Cider Weekend is October 11 – 13. To find out more information, visit the Circle Pines website circlepinescenter.org or send an email to info@circlepinescenter.org.

Hand Crafting

Handmade Wool Dryer Balls

By Jennifer Carson

Wool dryer balls are a great alternative to chemical laden dryer sheets and fabric softener. They bounce around in the dryer with your load of laundry, helping to circulate air, which makes your clothes dry faster, reducing the time needed to run your machine. Of course, they work best with small to medium size loads because they need room to move around, but they will help with static cling and soften your clothes, all without the use of chemicals. Energy saving, money saving, and eco-friendly? Who could ask for more? Here's what you need to get started:

- Wool roving
- One 12" x 12" piece of tulle netting
- Several 1½" to 2" Wood balls. You'll need one for every dryer ball you want to make. These are optional, but I find the wool dryer balls work better with a little weight to them. You could also use yarn to make a very tightly wound core. If you use a yarn ball core, use wool or cotton yarn—not acrylic.
- A piece of bubble wrap
- Hot water
- Liquid soap—I like to use Dr. Bronner's Pure Castile Liquid soap from a foam pump.

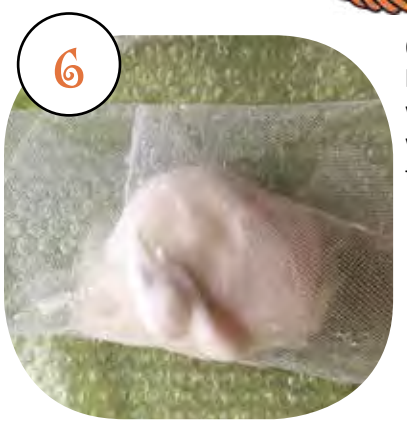
1. Pull a section of roving about 12" long off the skein—you never want to cut roving with scissors.

2. From that 12" section, pull off smaller strips, about ½" wide.

3. Take one of the smaller strips and wind it around your wood ball or yarn ball core. Be sure that when you wrap your roving around your core that you are wrapping in a figure eight motion.

4. When you start the second roving section, lay the end of the roving so that it is perpendicular to the roving under it. We want the roving to be laying in all directions so that the fibers will felt well.

5. Once you have a wool ball that is about 6" to 8" in diameter, it is time to felt it.



6. Lay the ball on your bubble wrap near the kitchen sink. Fill the sink about ¼ of the way up with the hottest water you can stand. Dribble water all over your wool ball—you don't want to saturate it, just get it nice and wet.

7. Cover your ball with the piece of tulle netting and pump a bit of soap on your ball. Hold the netting down firmly with one hand, while rubbing the soaped area of your wool ball with the other in small circles using a bit of pressure. Turn your ball and repeat the action. If you ever feel like you are getting resistance, add more soap and water.

8. Keep turning your ball to felt the whole surface and to keep it round.

9. Once your ball is starting to felt (you can tell this because the wool won't stick to the netting at all when you peel it away), you can roll it with your whole hand. Use a lot of pressure and make sure you keep moving your ball so that it doesn't flatten out on one side.

10. Dip the ball in the hot water occasionally and squeeze the excess water out. If you have a piece of wool that isn't sticking down to the ball simply squirt some soap on it, add a bit of hot water, place the netting over it and rub until it complies. If it still doesn't felt, lay a bit more roving over it and felt the new roving around the area.

When your ball is felted it will be rather dense and stiff. Rinse it out well.

I recommend using four or five balls per load of laundry for best results. You can put a couple of drops of essential oil on your wool balls to add some fragrance to your laundry as well. If your static cling isn't going away completely, try pinning a safety pin to one of your balls or spritz the wool ball with water or a bit of white vinegar before putting them in the dryer.

A group of wool balls in a glass container with a ribbon around it makes a great gift for someone you love, too. Happy creating!

Jennifer Carson is a local author and artist who enjoys creating beautiful items for home and family including: cards, stickers, wool candle rugs, bags, quilts, Waldorf dolls, stuffed animals, and more! You can see more of her work and peruse the over 60 available crafting patterns on her website thedragoncharmer.com.

All Creatures Great & Small

Horses Have Changed My Life

By Kimberly Cardeccia MA, LPC

Horses have a sentient nature. They have a wisdom that transcends what we humans can understand. One thing that they have taught me, over and over again, is to be aware of and listen to their plan. When the plan they suggest to me differs from what I had in mind, I default to their wisdom and knowledge.

A new client, a young man about 24 with autism, was scheduled to come out with his mom for the first time. I had intended to bring my horse Anny from the field into the arena to meet this new friend.

> [Horses] have a wisdom that transcends what we humans can understand.

I walked out with a halter and lead rope to walk Anny in. As I made my way to her, Anny picked her head up from the grass she was eating and walked about ten feet away from me. This was not like her at all. I stood there a bit bewildered. As I did, another one of my horses, Keystone, came up and stood next to me. I scratched him, saying hello, and tried to figure out what to do next. Keystone had already facilitated a session that day, so I didn't want to ask him to come in again.

I decided to get another one of my horses close by, named Harley. As I moved toward him, he also lifted his head from where he was grazing and moved away. Now, I was really confused and was just standing there when Keystone came up behind me and gently nudged me with his nose. I again petted him and decided to give Anny one more try.

Yet again, as I moved toward Anny, she moved away like a repelling magnet. I stood there in disbelief. Keystone nudged me from behind again, not quite as gently this time.

Fine, I got it. You are telling me you need to come in, I thought as I put the halter on Keystone. He walked willingly with me as we made our way out of the field.

> Keystone had already facilitated a session that day, so I didn't want to ask him to come in again.

We were nearing the driveway on the way into the arena, when the new client and his mom pulled up. When the car stopped, the young man jumped out of the van and hurried toward us. He took the lead rope from my hand and walked Keystone right into the arena.

Neither Anny nor Harley would have followed quite so willingly, I am convinced. They would drag a human unfamiliar with horses to the very best grassy places—the opposite direction of the arena, of course.

Keystone opened up the doors for a wonderful adventure for this young man, the horses, and myself. Another amazing component was that from that day on, for almost three years, Anny was the one that paired with this young man. I learned to listen, and I am happy to say that I usually catch on a bit quicker these days!

> I noticed that the people that hired me to teach them how to ride a horse started making personal disclosures to me and having conversations that got real deep, real quick.

Horses have changed my life. As they influenced, nudged, and inspired me, they also showed me how I could help others through what they shared with me. For over a decade, I have had an equine facilitated counseling practice. This wasn't a dream job I'd had since I was young, I didn't even know that a job like this existed, but it's exactly where the horses have led me.

Not born into horses, so to speak, I was finally able to take riding lessons when I was 13. I learned how to ride at a wonderful camp, where I got more horse and lesson time by helping care for the horses and teaching lessons to the younger kids in the year round lesson program. It was a fabulous situation for me and helped me develop my love of learning, and teaching, as well as providing time around the horses that I loved so much.

When I got close to graduating from high school, I started working for a dressage professional, which meant that I worked for the opportunity to learn and be around horses. I learned a lot about the biomechanics of movement for both horses and riders, which coupled well with my parallel decision to be a physical education teacher. This background in body awareness and movement set a solid foundation for the techniques and principles I use now to help both humans and horses heal.

> By being aware of what a horse is communicating, and adjusting our state accordingly, we can create meaningful experiences and interactions that allow healing for both humans and horses.

I earned my counseling degree and left teaching in the public school system to open a private counseling practice. At this time, I also fell back into teaching riding lessons. I noticed that the people that hired me to teach them how to ride a horse started making personal disclosures to me and having conversations that got real deep, real quick. In fact, they got much more real and deep than those people that hired me to help them make changes in their lives through counseling. I also noticed that my riding students were reporting other changes in their lives as their riding and relationship with their horse moved forward. They would share changes in relationships, promotions or accolades at work, and other things such as reduced stress, anxiety, and depression.

I had joked for many years that when my riding lessons were going well so was the rest of my life, but it was getting real. I started to research, explore, and investigate the ways that horses could facilitate healing for people, as well as how we humans can direct our own lives through our personal growth.

An aspect of horses that complements self-growth work is their prey nature. A horse's existence depends on its awareness of congruence, or things looking as they should. If everything is still and calm, with the long grass in the distance waving slightly in the breeze, all is well. It is congruent. If that long grass were to start to move in a very disruptive pattern, it could mean that a predator was lurking, waiting to pounce. That grass would not look as it should. It would be incongruent. This incongruency could have the horse on high alert, or already fleeing for its life.

We humans have our own congruence. We can call this mind, body, and spirit alignment. Some of what we experience in life—challenges, traumatic events, losses, or physical injuries—can cause us to be knocked out of alignment. Interacting with horses can help release these tensions and resistances and allow us to be more complete and whole. By being aware of what a horse is communicating, and adjusting our state accordingly, we can create meaningful experiences and interactions that allow healing for both humans and horses.

Over the years, the horses have taught me a way to interact with them that I've termed *Inner Journey Horsemanship*. Horses are social animals and depend on their herd to keep them safe. When we take a horse from their herd mates and work together, we become their herd. Horses are wired to figure out who the leader is. The leader is the one who alerts the others to life threatening danger. One of the most powerful aspects of becoming a compassionate leader to a horse is that whatever necessary skills are needed, whatever we might need to let go of, or whatever we might need to practice and refine, are the same skills we need to lead our lives in the direction of our choice.

Kimberly Cardeccia is a Licensed Professional Counselor who has been involved with horses for over 30 years. She combines her training and expertise in holistic methods to help clients heal their mind and body connection. Learn more about her and her programs at her website, hiddenpromisecampus.com or by emailing her at kimhiddenpromisecampus.com.

The Science of *Breath and Spirit*

A Young Scientist's Adventures in Breath at the Ann Arbor Zen Buddhist Temple

By Catherine Carr

"Are you connecting with your breath?" Rev. Haju asks me, leaning forward to inspect my posture. Her eyes are hawk-sharp but loving. It's a powerful combination.

I close my eyes and let go.

I am not always good at that. For someone with ambition, letting go can be quite alien. Striving, trying to force things to be a certain way, are habits I slip into as soon as I stop paying attention.

But the Rev.'s watchful eyes are incentive to pay attention. To prove that I *can* let go. That I know how. And the act of proving reminds me what it feels like.

> Breathe.
> Muscle tension melts away. Release.
> Breathe.
> The world looks different. Lighter, brighter.
> Breathe.
> Is this the same world I left behind sixty seconds ago? It *feels* different.
> "Yes," Haju says. "You're doing it."
> Breathe.
> Your body is at peace.
> Breathe.
> In this very moment, nothing is lacking.
> Breathe.
> In this very moment, you *are*.

I am not always good at that. For someone with ambition, letting go can be quite alien.

That's why I'm living here, in Ann Arbor's Zen Buddhist Temple. It was my good fortune to discover that the old house on Packard, which hosts a wonderful, intentional spiritual community, had a residential program. Now each morning at 5:30a.m., I sit on a brown cloth cushion in the parlor of an old house, in the company of the half a dozen or so other Temple residents. While the night brightens from black into the glow of blue pre-dawn, we meditate.

The clarity the practice has brought has been remarkable and badly needed. The Temple is run by those devoted to teaching the practices of meditation and non-attachment and serves as sanctuary for those seeking healing and harmony.

My reason for being here is that I'm staring down a huge gamble: a career transition from clinical research coordinator at Mott Children's Hospital to full-time freelance writer and editor. My meditation practice helps me keep the risks and rewards in plain sight rather than succumbing to the anxiety that can so easily become overwhelming.

My training in scientific research colors everything I do, and my Temple stay is no exception. One of the things that impresses me most is that virtually every aspect of the Temple's lifestyle choices and daily practice are scientifically supported. The practices of meditation, prostrations, a Buddhist vegetarian diet; all would be recommended by neurologists as readily as by Buddhist priests.

There was a time when scientists viewed meditation and breath practices as strictly spiritual claims. But in recent decades, mechanisms have been found for the effectiveness of meditation practices, like those taught at the Temple, to bring about real changes in physical and mental health. The simple practice of relaxed breathing has been found to hold tremendous medical promise.

My reason for being here is that I'm staring down a huge gamble: a career transition from clinical research coordinator at Mott Children's Hospital to full-time freelance writer and editor.

These findings seem to validate what mystics have been saying for millennia: that when we do things that nurture our spirits, we have good health. That the better part of wisdom is just remembering to breathe.

The Eastern spiritual arts often teach that breath is synonymous with spirit. The Chinese word "qi" and the Sanskrit word "prana" both translate literally into "breath." Students of yoga, martial arts, and Eastern meditation practices will recognize that harmonizing breath with movement and intention is foundational to all of these disciplines.

What might be more surprising to modern audiences is that the same link exists in ancient Western traditions. It seems that the connection between spiritual well-being and the act of breathing was universally experienced across the ancient world. In Latin, the word "spiritum" literally means "breath." Though rarely discussed in Western theology or holy books, this connection has been preserved in the English word "inspiration," - which is used both by artists and theologians to describe moments of seemingly supernatural clarity, and by doctors to describe the simple act of breathing in.

Now, science is beginning to uncover stunning links between breath–the act of drawing in oxygen using the muscles of the diaphragm–and whole-brain-and-body health.

The connection went undetected by Western science for centuries because the mechanisms were largely invisible to the naked eye. Doctors knew that the diaphragm–the suite of muscles involved in breathing –was also home to a nexus of nerves which reached into dozens of major organ systems, as well as being connected back to the brain. What was *not* immediately obvious to the first students of anatomy was that many of these neural connections are two-way; the diaphragm, through its action, can both send commands to other vital organs,and affect the rhythms and patterns of brain activity.

While it was once assumed that the brain was the only important player in matters of mood and perception, a growing body of evidence suggests that the relationship between the brain and body works both ways. Intentionally slow, relaxed breathing can actually change our brain activity, and in doing so, everything about our experience of life.

The medical community calls this practice "diaphragmatic breathing." They define this as a breathing method that involves the whole diaphragm, relaxed "belly breathing," often settling out at about four breaths per minute. This breathing rate–drastically slower than the everyday life average of 8-12 breaths per minute–gives us a clue as to how different time taken for diaphragmatic breathing *feels*. It's slow. Gentle. Freeing. With stress and oxygen consumption being the major drivers of faster respiration, diaphragmatic breathing describes a state where four breaths is all that is needed. Four breaths. Per minute. Nothing more.

The simple practice of relaxed breathing has been found to hold tremendous medical promise.

It seems that the connection between spiritual well-being and the act of breathing was universally experienced across the ancient world.

The power of this practice reaches even beyond its influence on our brains. In recent decades, countless studies have shown that our minds and emotions influence, and often determine, physical outcomes including blood sugar, blood pressure, immune function, and wound healing.

The invisible messengers that scientists of earlier eras couldn't see are hormones. Chemicals released by organs, usually under the direction of the brain, which affect the functioning of organ systems throughout the body. Some of the most important hormones that are within our control are those related to "fight or flight" responses —those that tell our body whether we are living in a time of panic or a time of plenty.

If you were being chased by a lion, the effects of these fight-or-flight hormones would be very helpful. They prompt the pancreas to dump sugar into the blood, to fuel your muscles to run fast or fight hard. They prompt the arteries to narrow and stiffen, creating higher blood pressure to carry oxygen from your lungs to your legs faster. They put a stop to organ functions that aren't necessary in the moment, such as digestion, healing, and immune responses. They cause cravings for high-sugar, high-fat, and high-calorie food to fuel your survival struggle.

But when these same hormones can be triggered by a late bill payment, a poor grade, an awkward moment, or a tight deadline, that practically guarantees a public health disaster. When a society riddled with deadlines, uncertainties, and other stressors makes our bodies think that there are always lions in the shadows, it's no wonder that mental and medical health problems in modern society are through the roof.

Conscious breathing practice is the way we tell our bodies that there are no lions. That we are safe. That it is safe for us to thrive.

The results are stunning. Clinical trials have found that diaphragmatic breathing can bring about clinically significant improvement in everything from depression and anxiety to asthma and diabetes, and can improve mood and increase biomarkers of good health and longevity even in people without acute diseases.

To a modern understanding of the body, these seemingly miraculous results are far from mystifying. As science advances, there are now many known neurological, chemical, and mechanical ways by which this simple breathing practice would be logically expected to improve overall brain and body function.

While it was once assumed that the brain was the only important player in matters of mood and perception, a growing body of evidence suggests that the relationship between the brain and body works both ways.

We know that diaphragmatic breathing sends neural impulses to our brains and changes brain rhythms and activity. We know that it increases attention span, lifts mood, and decreases anxiety. We know that it decreases levels of stress hormones in our blood, and lowers blood sugar and blood pressure along with them. We know that those same stress hormones suppress immune function and wound healing and may cause depression when sustained over time.

We know that the simple act of breathing—the way in which we conduct it — determines how much oxygen reaches our brains and other organs. It seems that the ancient sages were right: the keys to good health and long life have always been inside us. We need only remember how to use them.

Diaphragmatic breathing routines have been found to lower blood sugar and damage to cells in people with diabetes. Long-term diaphragmatic breathing practice has even been shown to improve weight loss over time in diabetic patients.

Diaphragmatic breathing is good for athletes, too. When practiced after workouts, it can decrease cellular damage caused by exercise, leading to less wear and tear and faster recovery times.

These isolated examples of specific benefits to specific groups of people that scientists have studied speaks to a larger point. It is now quite reasonable to say that, based on clinical evidence, conscious diaphragmatic breathing is good for *everyone*.

Watching these findings take root in the medical community in the five years prior to my Temple stay was fascinating. When fliers began to appear for meditation and mindfulness classes being offered by the hospital to staff and patients, some older doctors were almost apologetic about offering or attending them. One explained to me, "It really *does* work," as though this finding was surprising.

It seemed that the idea that the unseen—the signals propagating along nerve fibers, the hormones in the blood—could have real healing power still seemed suspicious, or unscientific, to some.

As I write this, I'm still using an essentially Western view. With each sentence I justify the practice of Zen breathing, breaking down objections, heaping facts and figures, reason upon reason as to why it is a good idea. In the process, I create a sense of *need* for meditation. Of fear of consequences. That's funny, isn't it? These things—stress, fear, need—are exactly what the practice of meditation is designed to wash away.

As doctors and hospitals struggle to motivate their patients to get away from a culture of need and lack, and the medical consequences this culture entails, a Buddhist view may be helpful to us here:

> Breathe.
> In this very moment, nothing is lacking.
> Breathe.
> When we breathe, we take in the vital energy of life.
> Breathe.
> When the breath flows naturally, we are in flow with the wider reality.
> Breathe.
> When we breathe freely, we begin to heal.

This is not only mysticism. It's not just the claim of a philosophy or a unprovable idea. It's science, thoroughly proven.

And so, when I am able, I sit on my brown cloth cushion.
I close my eyes.
And breathe.

Catherine Carr is a writer, editor, and former clinical research coordinator. She was born and raised in Ann Arbor and earned her Bachelor's Degree in Neuroscience from the University of Michigan. She has spent the last three years traveling North America to study the many ways in which we connect to the Divine, and has now begun work on a series of books in which she hopes to bring a scientific eye to the question of what religion does for us and for our society. You can reach her at clkagmi@gmail.com.

Want more in-depth reading?
Check out these article resources:

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An Interview with Washtenaw County Sheriff Jerry Clayton on Holistic Approaches to Public Safety and Bias-free Policing

After working more than thirty years in the field of law enforcement, Washtenaw County Sheriff Jerry Clayton has become an international expert on such intransigent issues as bias-free policing, cultural diversity, and "subject control" arrest techniques.

By Madeline Strong Diehl
Photography by Susan Ayer

After working more than thirty years in the field of law enforcement, Washtenaw County Sheriff Jerry Clayton has become an international expert on such intransigent issues as bias-free policing, cultural diversity, and "subject control" arrest techniques. In 2016 Clayton represented the U.S. at a conference on community policing held in Barcelona, Spain, hosted by the Open Society Foundations. In 2017 Clayton again represented the U.S., this time at a conference in Geneva, Switzerland, sponsored by the United Nations High Commission on Human Rights. In February of 2018, Clayton participated in a U.S.-U.K. exchange in London, focusing on building leadership for fair and effective policing.

Closer to home, Clayton was one of 12 people chosen to participate on Governor Gretchen Whitmer's Jail and Pre-Trial Incarceration Task Force this past spring. He has worked as a certified trainer for more than 16 years, and continues to consult for such clients as the United States Department of Justice, the National Sheriffs Association, and the American Civil Liberties Union. Now in his mid-50s, Clayton also hosts visitors from law enforcement agencies from around the U.S. and Canada who want to replicate the reforms that he has successfully put in place in the county jail. These reforms are now considered best practice, and they're based on building an environment of mutual respect and trust between corrections officers and the people they are supervising.

When Clayton first ran for office in 2008, he promised to establish a holistic approach to public safety by providing human services for low-risk offenders who were languishing in jail, unable to receive medical treatment for the mental illness and/or substance abuse disorder that caused them to commit nonviolent crimes in the first place.

As of this spring, Clayton's goal has become a reality, thanks to the consistent funding that will be provided by a one-mill, eight-year "mental health and public safety services" property tax approved by voters in November 2017 by a two-to-one margin. This, along with Clayton's stunning victory in the 2016 election, arguably makes him the most popular and influential politician in the county.

As of this coming December 2019, the tax is expected to raise $15.4 million, and roughly three-quarters of that, or about $12 million, will be split between Washtenaw Community Mental Health (CMH) and the Sheriff's Office in order to fully roll out a new seamless, comprehensive mental health crisis response program called CARES (Crisis, Access, Resources, Engagement and Support). CARES will provide triage so that mental health workers can quickly assess the needs of individuals and families who are experiencing an emergency, and ensure that appropriate professional treatment is provided immediately—ideally within 24 hours. This program is designed to pre-empt the kinds of risks that accrue to people with untreated mental illness and their families and communities, and it is also expected to take some of the pressure off of the community's already strained resources like the University of Michigan Hospital's psychiatric ward and its Psychiatric Emergency Service. By the end of this year, the program is expected to establish a place where law enforcement officers and family members can take someone who is experiencing acute symptoms of mental illness and/or substance abuse disorder for professional observation and treatment. Potentially a person can be released to their own home after a short time, with follow-up medical treatment in place. After working for more than a decade to establish the program in close partnership with CMH and other stakeholders, Clayton calls the system a "model for the nation."

CARES (Crisis, Access, Resources, Engagement and Support) will provide triage so that mental health workers can quickly assess the needs of individuals and families who are experiencing an emergency, and ensure that appropriate professional treatment is provided immediately—ideally within twenty-four hours.

What follows are excerpts from an interview I had with Sheriff Clayton in his office while he was finalizing his plans to approach the Washtenaw County Board of Commissioners to request that they put the eight-year levy on the ballot. The Crazy Wisdom Journal *felt that this material is timely and relevant right now, in light of the millage funding that begins in December. And the content has been updated and reviewed by Sheriff Clayton.*

I spent about two and a half hours with the Sheriff. His hair and moustache is dark with flecks of grey; he was wearing black pants and a gray woolen cardigan. His large frame is built like a college football player—which he was—and he sat uncomfortably behind his desk like someone who isn't used to spending much time there. He is extremely eloquent and articulate and chooses his words carefully.

Suppose, instead of paying to incarcerate these people, our community invests in these people instead, and provides human services for them. Now, instead of becoming repeat offenders who are constantly cycling in and out of jail, they're in a position to help themselves, they can overcome their challenges.

Madeline Diehl: You have argued since the very beginning of your political career that creating a holistic system of human services and law enforcement would directly improve public safety for everyone in our community. Can you please explain the rationale for that?

Sheriff Clayton: Yes. I believe that 30 to 40 percent of the people who are currently in jail don't belong there and don't pose a significant risk to the County. However, there will always be some people we come across who are dangerous, who flat-out have predatory behavior, and do pose a significant risk to the public. They are the ones that need to be incarcerated. But we should not create a system for the majority based on the risk posed by the minority. My fear is that we've done that. Let's look at the people who are incarcerated for nonviolent crimes—maybe they're offenders because they were using drugs, and to fund their habit, they were carrying out home invasions, strong arm robberies, stealing from stores. Now, just imagine if we could provide them with the resources and support they need to help them confront their addiction and understand their root causes [of crime]. Suppose, instead of paying to incarcerate these people, our community invests in these people instead, and provides human services for them. Now, instead of becoming repeat offenders who are constantly cycling in and out of jail, they're in a position to help themselves, they can overcome their challenges. They have the potential to become a productive member of society. They're working, paying taxes, and they're less likely to recidivate. And for every [at-risk] person we provide human services to, that's one less crime victim down the road. So now they're not "draining the system"—in fact, let's have the financial argument. Add up the cost that it takes for incarceration, the cost of continuing to prosecute people for the same thing, over and over, versus providing support to them upfront to overcome their challenges, and there's no doubt you are going to save money. So providing human services to these people is not just the right thing to do, morally—it makes the most economic sense.

Diehl: You have said many times in public forums that you believe that the current law enforcement system is "insane."

Clayton: Yes, I think the criminal justice system, as a whole, fits the definition of insanity. To me, insanity is doing the same thing over and over again and expecting a different outcome each time. Right now, the vast majority of people in jail suffer from mental illness—and some of them suffer from both mental illness and a substance abuse disorder. When I started working in the jail, I was astounded when staff told me that when an individual was on their medications, they were fully functional, contributing members of society. But these individuals kept going off their meds, then they would have some crisis situation, then the police would get called again, and these people had to languish in jail. Then they were released into the same unsustainable situation. It's an endless cycle—that's what I mean when I call it "insane." We keep seeing the same people over and over again in jail. And it's not appropriate to take these people to jail—they need healthcare that we simply are not equipped to handle in jail. That's why we have been building a strong partnership with Community Mental Health and other agencies, so that law enforcement officers can eventually take people [who are having a drug-related and/or mental health crisis] directly to a place where they can receive treatment without having to charge them with a crime. This idea is not unique to us—it was first developed in Seattle, and it's called a pre-booking diversion program, or LEAD (Law Enforcement Assisted Diversion). Participants in a diversion program are immediately assigned to case managers who can connect them with services like medical treatment and housing.

So, we look at what that individual needs to prevent him from entering the criminal justice system, because maybe he needs things like housing, education, and } [mental health] treatment instead.

Diehl: Can you tell me about your efforts to close gaps in the safety net in our community?

Clayton: Integrating human services and strengthening the safety net has been one of my administrations' long-term strategies since we first took office ten years ago. Early on, we changed our mission statement to have three parts. Number one, we're going to create public safety. Number two, we're going to provide quality service. And number three, we are going to build strong and sustainable communities. Our vision involves building sustainable partnerships with nonprofits and mental health and government agencies. Some of these partnerships were already in place when we took office in 2008. And since that time, we have built new relationships and strengthened existing ones. We want to sit at the table and partner with a lot of folks around a lot of issues having to do with quality of life in this community—not just law enforcement. We now say we provide services, and law enforcement is just one of these services.

Some of it is just community engagement, helping with problem-solving. We work with our partners on what we call the "root causes" of every situation—for example, when we keep getting called to the same house over and over, we know it's not just a law enforcement issue—something else is probably going on there. So, we look at what that individual needs to prevent him from entering the criminal justice system, because maybe he needs things like housing, education, and [mental health] treatment instead.

Diehl: Can you give me examples of how your agency is engaged in some of these community partnerships?

Clayton: Well, my officers are still getting called into situations where someone is having a mental health crisis, and Community Mental Health has created a two-day training program that I now require all my deputies to take. They learn how to recognize and respond when someone is having a crisis—how to handle it in a way that doesn't escalate the situation.

Another example is our extremely effective partnership with the University of Michigan School of Public Health. They called us because they wanted to partner with us to train our deputies so they could administer Narcan if they are the first on the scene in an incidence of opioid overdose. We started the program in August 2016 and since then we have saved many lives. That's just one example of how law enforcement is only one piece of what we do for this community. In fact, you very rarely hear us talk about our mission in terms of law enforcement these days.

The mental health professionals meet with them when they're stable, and we have interactions with them when they're not [stable]. So, some of my colleagues may argue against this, but we [law enforcement officers] are the community's first-line social workers, and we must recognize that and embrace that.

Diehl: What are some of the other reforms you are putting in place?

Clayton: We (Clayton's administration) have been on a ten-year journey of changing the culture of the Sheriff's office. And we're not doing that by legislating behavioral changes through policy. Policy's important. But we are committed to changing our organizational culture by changing our beliefs about *why* we exist, what our purpose is. Washtenaw County is a unique and special place in the sense that it has made a large commitment to building an inclusive and supportive community. And that's why it's an ideal place for us to create a model that can be used elsewhere.

There is no perfect community, no perfect set of values, but here in Washtenaw County, human services count. We identified early on that, if we really want to talk about human services, we want to talk about the people in this community who are the most vulnerable. We're (law enforcement officers) the first point of contact for these people in many situations. These are the same [vulnerable] people who the caseworkers, the social workers, the mental health workers, have on their caseload. These same people who the professionals meet in their offices are the same people we meet on the street. The mental health professionals meet with them when they're stable, and we have interactions with them when they're not [stable]. So, some of my colleagues may argue against this, but we [law enforcement officers] are the community's first-line social workers, and we must recognize that and embrace

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That's just one example of how law enforcement is only one piece of what we do for this community. In fact, you very rarely hear us talk about our mission in terms of law enforcement these days.

We need to challenge our paradigms, challenge the assumptions we've had in the past, and most of all, we need to think about the outcomes. We don't think enough about outcomes.

Sheriff Jerry Clayton on Holistic Approaches to Public Safety and Bias-free Policing

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that. We need to think about our role a little differently in this context. And that changes our "*why.*" Why do we exist? We've got to find a better way of doing things. We need to challenge our paradigms, challenge the assumptions we've had in the past, and most of all, we need to think about the outcomes. We don't think enough about outcomes.

Diehl: Can you please explain that?

Clayton: Well, one of the main problems we're dealing with is that the mainstream system is designed to be punitive, so when someone is exposed to the system, they are made to feel they are "bad" people. They come out of jail even less able to contribute to society than when they went in. And the worst thing in the world you can do to someone is to take away their hope. That's not the outcome we want. We are working with a vision of: "How do you create a kind of environment (in jail) where there's hope?" What we're doing [with our reforms] is we're creating the kind of constructive environment in jail where people have the opportunity to feel they are a success.

We are committed to changing our organizational culture by changing our beliefs about why we exist, what our purpose is.

Diehl: Please tell me how you have been able to improve the environment for people in jail.

Clayton: Rather than being punitive in nature, our administration has changed the way our jail works based on a philosophy of Strategic Inmate Management, or SIM. SIM focuses on changing three things: belief, values, and behavior. This philosophy assumes that most of our inmates can behave reasonably in jail and cooperate if we use rewards instead of punishment. The traditional belief is that you are going to jail because you're a bad person, you've done something wrong. But we have adopted a different belief. Our belief is that the vast majority, 90 and sometimes up to 95 percent of the people coming to jail, have the potential to follow rules and to behave well if we set the right expectations and communicate them clearly. We tell them, directly and indirectly, that our expectation is, with the right incentives, you'll behave and follow all the rules. And we believe in acknowledging people when they meet our expectations, not just when their behavior is bad. We also believe it's incumbent on us to meet their social needs. We try to find ways they can connect with the outside world.

Diehl: Are you finding that SIM improves the outcomes for people coming out of jail as well?

Clayton: Yes. We have established a whole re-entry continuum that includes discharge planning and a work-release program that enables a low-risk offender to work at a job during the day and then come back to the jail after their shift is over. We also have an education program in partnership with WCC (Washtenaw Community College). We have staff from WCC coming in to work with folks on an education program that they can take right up until they get out, and once they're out, they can keep working on the program and finish [their degrees] for free. So that, to me, is how my original vision evolved. We're creating the kind of constructive environment where people have the opportunity to feel they are a success.

Washtenaw County is a unique and special place in the sense that it has made a large commitment to building an inclusive and supportive community. And that's why it's an ideal place for us to create a model that can be used elsewhere.

Diehl: There are many studies that reveal that a disproportionate number of African-American men end up going to jail, and that some of that may be related to institutionalized racism. As an African-American man involved in law enforcement, can you please comment on that?

Clayton: I'll say it this way. As an African-American male, I think I have a duty, if I see flaws in the system, or anything that has disparate [negative] impacts on anybody—not just African-Americans—I think I have an obligation to address that. People in leadership positions like me need to have the courage to make changes. I believe that everything we're doing right now with our reforms can restore hope for people and give them more opportunities to change their lives for the better. I feel extremely blessed that I'm in a position to change these things.

Diehl: If a law enforcement officer has a lot of bias toward people from certain backgrounds, like race, how can you undo that?

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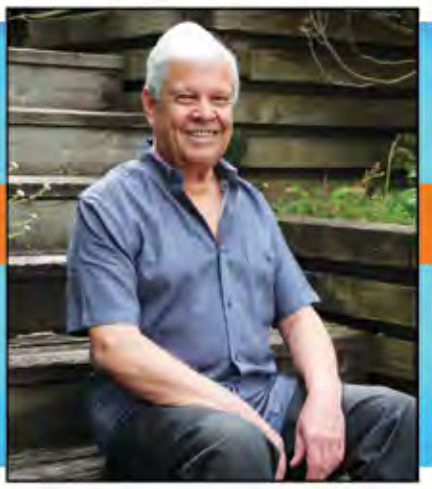

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Sheriff Jerry Clayton on Holistic Approaches to Public Safety and Bias-free Policing

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Clayton: One of things our administration is committed to is creating an agency that models best behavior, and part of that is nondiscriminatory behavior. We need to be vigilant in terms of trying to identify and root out anybody who is making decisions from a place of bias. Now the flip side of that is not all officers are engaged in discriminatory behavior. I think very few officers are consciously discriminatory. The main problem in almost all of these cases is "unconscious" bias—that just means that someone is not cognizant of their bias. It's important to remember we all have bias. Bias extends beyond race and includes gender, age, disability—all of these groups suffer from unconscious bias. I teach a class about what we call unconscious or persistent bias to all my officers, and I require all of them to take the IAT (the Implicit Association Test) as a prerequisite. Harvard University designed the test to help people find out what their unconscious biases are. I ask people to take the test, but I don't require my students to report their results. I took the IAT and found out [where] I have bias.

We have established a whole re-entry continuum that includes discharge planning and a work-release program that enables a low-risk offender to work at a job during the day and then come back to the jail after their shift is over.

Diehl: It seems that our country tried to get rid of bias by passing laws like the Civil Rights Act, but that didn't change people's hearts, and a lot of us are still going around with bias that we're not even aware of.

Clayton: That's because you can't legislate belief changes. We changed the law, but the fundamental beliefs of many people in this country have not changed, about people of color being inferior, or this, or that. And I don't think we can change [unconscious bias] unless we have dialogue with each other—the kind of real dialogue we need to have in order to move the country in a different [direction]. For the time I'm Sheriff, I'm always looking to use the leverage of the Sheriff's Office, to use our influence to do whatever that is to move [the community] a little farther down that path to have this discussion. I'm not afraid to talk about it, and maybe that helps create the space for dialogue with other people who want to talk about it. But we've got to create the kind of safe space that's necessary if we are going to ask people to talk about the kinds of distorted beliefs that are part and parcel of holding unconscious bias. To be honest with you, we haven't been able to figure out totally how to have this discussion within the agency. So, we've got to figure out internally and externally how to make that dialogue happen. We're farther along than we were, but we're still not there yet.

As an African-American male, I think I have a duty, if I see flaws in the system, or anything that has disparate [negative] impacts on anybody—not just African-Americans—I think I have an obligation to address that.

Diehl: Can you describe what things will look like when you do get there?

Clayton: The way I see it, there are three steps to acceptance of change for something like this, and you need to get a critical mass of people in order to achieve real change. The first stage is compliance—people follow the new rules and that's it. That's hard for a lot of people, whether or not it's about reform like this or changes in legislation or policy. But I think we (the Sheriff's Office) have reached critical mass with compliance. The next step is when people buy-in to the change—they "get it" intellectually. We've laid something out and people say, "Yeah, I get it, that makes sense, I can do that." I think there's critical mass here now [in the Sheriff's Office]. The last level of change is when we reach a critical mass in commitment to the mission. You no longer just "get it" intellectually, but there's some emotional connection with you in your heart. So, this change, this mission, resonates with you

at such a deep level that now we don't have to tell you to do something. You're not doing something because some supervisor is looking over your shoulder, or because you *have* to. You're doing it because you understand the reason for it—and you believe it's what we should be doing. And it's this last level of change that we're continually trying to get to.

The main problem in almost all of these cases is "unconscious" bias—that just means that someone is not cognizant of their bias. It's important to remember we all have bias.

Diehl: Do you think you have achieved *some* of that critical mass for commitment to change?

Clayton: No. But I'll tell you, every day I hear about more and more examples that indicate that my people are starting to get there. [A wry smile blooms on his face.] And you know, maybe we *are* there, and I'm too reluctant to say we are. Every day I get a report, a phone call, an email about a deputy doing something that she wouldn't do unless she was committed to the mission. I hear a lot of stories about my staff going above and beyond their assigned duties in order to help someone navigate through a problem that deputies aren't responsible for, you know? I'm learning about staff members spending their own money, their own time to help people.

[Clayton's pager had been ringing incessantly throughout the interview, and after two and a half hours, he tells me he's late to an appointment, and puts on his coat.]

Clayton: I have to go meet with a student at Ypsilanti High School who is interested in joining the force. I don't have much time to talk with him, but I figure I can pick him up and talk to him while I am driving around in the car. The real solution to resolving unconscious bias is for officers to work with other officers from diverse racial and ethnic backgrounds. We would like to have more African-American deputies. We are currently hiring and have a lot of open positions. We encourage young men and women from diverse backgrounds to apply to work for us. We are a great agency to work for.

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I don't think we can change [unconscious bias] unless we have dialogue with each other—the kind of real dialogue we need to have in order to move the country in a different [direction].

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The Ecology Center –
50 Years of Innovative Solutions for Healthy People and a Healthy Planet

In 2020, the Ecology Center will be celebrating its 50th anniversary. It has grown to become one of the most dynamic and influential organizations of its kind in the United States.

By Sandor Slomovits
Photography by Susan Ayer

In 2020, the Ecology Center will be celebrating its 50th anniversary. It has grown to become one of the most dynamic and influential organizations of its kind in the United States. Created in the wake of the first Earth Day, the Ecology Center was founded by members of ENACT (Environmental Action for Survival), the University of Michigan's student environmental group. ENACT and the Ecology Center's primary original focus was to start a recycling program. The city's first recycling program, at the newly created Recycling Center, was not the recycling program Ann Arbor residents know today: no curbside pickup, only a few types of recyclables were eligible, and residents had to sort recyclables into separate containers and deliver them directly to the Recycling Center.

Recycling is still an important aspect of the Ecology Center (EC), but Recycle Ann Arbor, now responsible for the curbside, single stream recycling, to which we have all become accustomed, is now a subsidiary of the EC. And, in the five decades since its inception, the EC has grown tremendously, diversified, and broadened its focus and activities to include work on: climate change, toxic chemicals, affordable housing, medical waste, food systems, and much more.

Today the Ecology Center has a $1.9 million budget and employs 19 full time staff and 15 part-time student interns, while its subsidiary, Recycle Ann Arbor, has a $7.5 million budget and provides 45 full time positions. In addition to institutional and foundation donors, the Ecology Center received over 1,500 donations from individuals last year.

There were dozens of community-based ecology centers that were established in the early 1970s after the first Earth Day, all around the country. There's only one other one still in existence today, in Berkeley.

There were dozens of community-based ecology centers that were established in the early 1970s after the first Earth Day, all around the country. There's only one other one still in existence today, in Berkeley. They do more direct service, and fewer advocacies, but they do get involved in federal and global zero waste initiatives. Otherwise, there are prominent regional nonprofits that do environmental advocacy work and are known nationally for that work. These organizations are typically focused on one issue, such as climate change, toxic chemicals, or zero waste. For example, there's a Minneapolis-based organization, Fresh Energy, that started as a local energy service provider, but is today a prominent policy voice on climate and energy issues in Minnesota, the Midwest, and nationally. In the environmental health and toxic chemicals space, there's an organization in Seattle called Toxic-Free Future that's grown into a major national policy voice. In the zero waste area, there are two other prominent "mission-based recyclers" based in Boulder and St. Paul.

Garfield, 59, dressed casually in checked shirt and jeans, is boyish looking, with an easy smile and a quick laugh.

I talked and emailed with several current and former staff of the EC and asked about the work of the Center, its history, and its accomplishments. I began by visiting the EC's current offices on Liberty, on the third floor of the building that used to house the Kaplan LSAT Testing Center, just a block west of the Michigan Theater. I went there to interview Michael Garfield, the EC's Executive Director since 1993. Garfield was finishing up a conversation when I arrived, so I walked around the main room and read the four posters displayed on the wall near the entrance that detail how and why the EC chose this location, how they optimized energy use, what was done to ensure that they used, and recycled, only safe materials, and how they salvaged more than half the construction waste during their renovation. On the partly cloudy December day I visited, not a single overhead light was on, only the exit sign was illuminated. The ambient light coming in from the two large skylights and five south facing bay windows was enough to make the large room feel open and airy, while live

green plants, an exercise bike, and some whimsical touches (like a desk lamp shaped like an umbrella and a fabric sculpture of a large fish hanging from the ceiling), all contributed warmth and personality to the space.

"On the flip side, the burden of pollution in this region, in this country, and throughout the world, disproportionally falls on people of color and low-income people."

— Michael Garfield

Garfield, 59, dressed casually in checked shirt and jeans, is boyish looking, with an easy smile and a quick laugh. He speaks in a deliberate, thoughtful manner, clearly choosing his words carefully so they accurately express his nuanced thinking. "We wanted an office space that represented our principles and our values. John DeHoog, a professor at EMU's School of Art and Design, made us his class project. Everything in here is repurposed: this bench, the conference table, the cubicles, some of the furniture legs are made of sprinkler pipe. We did a whole bunch of green improvements to the space, to LEED Gold Standard in the LEEDs certification system, and so it embodies a lot of our values, and it's a nice space."

Sandor Slomovits: Talk about the path that led you to the Ecology Center.

Mike Garfield: I was a kid in the 60s and 70s, the son of New York Jewish social workers who cultivated in me a sense that I should do work I enjoy that makes the world a better place.

Sandor Slomovits: You have told me that you had long been interested in the way cities affected the larger world around them, and that the Ecology Center's similar focus seemed like a perfect fit.

Mike Garfield: Yes, one of the very first projects that the EC took on in 1970 was creating a recycling drop off station. It was the first recycling program, in the sense that we think of recycling today, in the State of Michigan. They were looking at ways that people's lives in cities could be restructured in order to save energy, preserve natural resources, and cut down water pollution.

Sandor Slomovits: And you were also interested in energy efficiency?

Mike Garfield: Yes, making buildings more efficient (especially for low income housing), and how to design communities, systems, and the economy to protect the air, the water, and to promote the health of people.

That appealed to me greatly, in part because there is a social justice component to it too, that the way we allocate resources in the world has a huge effect on the air, water, and a community's health. On the flip side, the burden of pollution in this region, in this country, and throughout the world, disproportionally falls on people of color and low-income people. It was here in Michigan that a lot of the early research was done that uncovered those links. Former U-M professor, now retired, Bunyan Bryant, did a lot of that early research, how resources were used, and how waste and pollution burdened certain populations more than others. Bunyan was active with the EC in its early years, along with others at the U-M. All of these aspects of the organization really fascinated me, so I was delighted to come work here in the late 80s.

Our work reaches out in a number of different directions, but we're really a community of people that do environmental advocacy and education. I think by its nature that kind of work is focused on persuading others, be they industry leaders or governmental bodies, to do something. I think we, and everyone who does advocacy work of different sorts, struggle making that connection with people who care about it and support it. We try to do the stuff that folks would like to do themselves if they had the time, or connections, or background, but they trust that we'll do a good job of it. We can involve them in some ways—by sending an email, or making a phone call, or writing a donation. I've been here long enough that I think the connection we have with this community has changed over time and we've changed over time too.

The first major thing that I worked on was developing the policy and funding around what came to be called the Ann Arbor Environmental Bond. It was a ballot proposal that funded the city's materials recovery facility. It essentially gave the city the financial capacity to start recycling collection. Remember when we used to have monthly pickup and you had to separate your [he starts laughing] green glass… brown glass… aluminum foil… tin cans…?

Slomovits: I do remember that!

Garfield: Did you put out ten bags of recyclables? [more laughter]

Slomovits: Yes, we did!

Garfield: When I came into the organization the EC was largely about that recycling program which had grown rapidly in the 1980s. As I recall at the time there were about 25 to 30 people who worked for the organization, and probably all but eight or nine of them worked in recycling—on the trucks, processing materials, managing things. While I was working on these issues and getting started with the organization it became clear that it was going to grow, recycling was starting to go mainstream, and the leadership at that time restructured the organization into essentially its current organizational structure, where Recycle Ann Arbor is organized as a non-profit subsidiary of the EC. There is a separate Board of Directors, and it's mostly a stand-alone operation. This was in 1990. One of the reasons for the restructuring was to encourage both parts of the organization to grow and flourish.

Slomovits: Meaning the recycling and the other EC projects?

Garfield: Yes. It was thought that bringing on more relevant expertise at the governance level for Recycle Ann Arbor, would be helpful, and that not having to worry on a day to day basis about all that would also let the EC explore other areas and carry out more of the mission as it was conceived of at the time—fighting for healthy people and a healthy planet. Over the bulk of the time since, almost 30 years now, the EC's work has expanded in areas outside of this community—in areas of climate action, toxic chemicals; at times we've done a lot of work on food systems issues, land preservation, and land use issues.

Slomovits: Have you worked with Fair Food Network or the Land Conservancy?

Garfield: Very much so, yes. We've had a lot of projects that we did together with Fair Food Network over the last ten years because we had a niche in food system work that grew out of other work we did in greening the health care sector, going back a good 25 years now. One of the very interesting initiatives of the EC has been to look at different industry sectors in our culture and economy and focus on moving them toward a more sustainable path. Health care is really interesting in this regard because it's a huge part of the economy, but also an industry that has a mission of promoting health. And, it turns out, a lot of what hospitals and the health care industry has done has been very problematic in that regard.

For example, in the 1990s, the second largest source of toxic mercury emissions in the environment came from the medical waste incinerators that just about every hospital in the nation had. Hospitals were the third largest source of dioxane emissions, from the same source. And that's the tip of the iceberg. A lot of this was not well known. So, we and other activists that worked on toxics issues came to conceive of it as a way of framing part of our work, and it eventually led to the formation of an organization that still exists today and operates all around the world called Healthcare Without Harm. At the EC, Tracey Easthope was part of the founding of that organization. They worked in many ways as a large interconnected coalition of small non-profit organizations around the world, and we were a piece of that network in Michigan and the Midwest for many years, and still are.

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"…the EC's work has expanded in areas outside of this community—in areas of climate action, toxic chemicals; at times we've done a lot of work on food systems issues, land preservation, and land use issues."

The Ecology Center

Continued from page 69

We worked on campaigns to close medical waste incinerators and on campaigns to change the way hospitals managed their waste, brought in recycling programs, and we campaigned to get hospitals to construct their buildings in more sustainable ways, and eventually to look at their food supply, because they're pretty big institutional purchasers of food. For a good ten years we were *the* organization in Michigan, and even a little beyond, that worked with the healthcare sector to encourage them to source locally grown food, to bring healthy food into their patient care, and to provide it for their staff, and to envision their larger role in promoting community health as a major institutional cornerstone of a lot of neighborhoods and communities. What that turned into were a lot of very creative projects all over the state where hospitals were the site of community farmers markets, of local box lunch programs for employees, of sourcing locally grown food for their patients. Locally we did a whole lot of things with St. Joe's, with their greenhouse, and some of the nutritional aid programs that they do are outstanding.

The Ecology Center's Current Projects

Environmental Health—This work is designed to phase out toxic chemicals from manufacturing and the material economy. Under that umbrella, the major initiatives are:

1) Healthy Stuff: A project focused this year on identifying PFAS, flame retardants, and other problematic toxic chemicals in consumer products.
2) The Great Lakes Lead Elimination Network: A multi-state coalition that convenes to advocate and develop policies and campaigns to eliminate lead poisoning in Michigan and neighboring states.
3) PFAS advocacy work: This project is focused on cleaning up PFAS contamination sites, set Michigan drinking water standards, and get fluorinated chemicals out of products.

Climate and Energy—This project works to phase out the use of fossil fuels and create a clean energy economy. In that area, their major efforts are:

1) Promoting a statewide clean energy policy, with an emphasis on providing clean energy to low-income households, through processes run by the Michigan Public Service Commission.
2) Promoting the development of statewide electric vehicle infrastructure, also through decision-making processes at the Public Service Commission.
3) Promoting ambitious climate action efforts in the City of Ann Arbor.
4) Running the Health Leaders Fellowship Program, which trains health practitioners in environmental issues and advocacy (the coursework also covers Environmental Health issues).

Environmental Education—This work promotes generational transformation regarding environmental health issues. Their major initiatives are focused on:

1) Recycling education in Ann Arbor and Washtenaw County.
2) Developing a new energy education curriculum for K-12 students.
3) Running the My Solar School Contest for middle-school and high-school students around the state.

Detroit/Ann Arbor—This work promotes environmental health and justice in southeast Michigan. They are working on:

1) Closing the Detroit trash incinerator and helping move the city toward zero waste.
2) Addressing other air pollution issues in Detroit.
3) Promoting regional transit in southeast Michigan.
4) Promoting climate action, zero waste, and better recycling efforts in Ann Arbor.

We had a bunch of different dealings with Fair Food Network and their Double Up Food Bucks program. For a number of years, we were the lead program in Detroit that managed what was called Fresh Prescription Program that's been piloted all over the country. It's set up as a way of treating patients who suffer from chronic illness that are probably diet related. The way it worked was that care providers would write out a prescription for fresh food and produce, and it typically comes with a voucher that can be redeemed at a farmers market or store. We set this up in Detroit, originally with the Chass clinic on the Southwest side, and then with eight other clinics, and it turned into this fabulous program. What we did with Fair Food in this case was we increased the value of the voucher through their Double Up program. It was a great project! We eventually handed it off to Eastern Market to manage, and it's still going great. Fair Food Network has done absolutely amazing work. Their story is fantastic.

With the Land Conservancy, in the 1990s one of the big issues in Washtenaw County was about sprawl. All the development happening in the townships and rural areas here, there was fight after fight over projects and about efforts to preserve farmland and natural areas. The EC was a leader of a coalition of environmental groups, community organizations, some business groups, and some farm groups that lobbied to preserve farmland and natural areas, get a handle on sprawl in the county, and in the region. Those campaigns eventually led to the Washtenaw County Natural Areas Program which has saved, I think, around 2,500 acres of spectacular natural areas all over Washtenaw County, led to the A2 Green Belt Program which has saved, I think, around 6,000 acres of land in the Townships close to Ann Arbor, and to the interrelated land preservation programs in Scio Township, Ann Arbor Township, Pittsfield, and Superior Township. When we were working on those campaigns back in the 1990s and first half of the 2000s, we did a lot of work with what was then the Potawatami Land Trust (now the Legacy Land Conservancy), and with the Southeast Michigan Land Conservancy, which is very active in Superior Township. There is a whole network of land conservancies that operate in Southeast Michigan, and we've had a lot of relationships with them. We don't do as much work on either of those issues any more, but still care about them, and keep track of them, and are happy to see what's been created as a result of some stuff we worked on back then.

"For the Ecology Center, the parent organization, we are almost entirely funded by charitable donations..."

— Michael Garfield

"We started doing tests of the interior parts of cars and came to the conclusion that it could be of great public interest to inform people what their cars are made of."

– Michael Garfield

Slomovits: Please tell us about your funding. Does the city provide a big chunk of it?

Garfield: Well, for funding purposes it's probably worth separating the EC and Recycle Ann Arbor, because they're very different. For the EC, the parent organization, we are almost entirely funded by charitable donations, and we have a handful of contracts for our educational programs (kids' educational programs), and those constitute about ten percent of our total, and of that, about half of that comes from the city. They fund the EC to do school programs, mostly on recycling. We've been doing those for four decades. Of the philanthropy money, we have a couple of thousand individual donors, many of them from Ann Arbor, but we have a base of supporters in Southeast Michigan, and we have a smattering of donors throughout the state and the country. A significant amount of our support comes from private foundations around the country that fund environmental health. They're interested in our work because of its national significance, even if it's local to Southeast Michigan.

"I think issues like that wax and wane as issues of great public awareness, and the language around them changes too, global warming to climate change."

Recycle Ann Arbor (REA) currently has three contracts, but only two of which have any money transacted between the city and REA. They've a contract for curbside recycling collection, they've a contract for processing recyclables, and they have a contract to run the drop-off station on Ellsworth Road. At the Drop-Off Station there is no fee to the city. The other two contracts generate about 25% to 30% of REA's income. The rest of their funds come from the sale of recyclable materials, fees that they charge people that use the Drop-Off Station, or the Recovery Yard on Jackson Road, and they sell almost a million dollars' worth of stuff out of the ReUse Center every year. The city is a very significant source of income for REA.

Slomovits: How has the mission of the EC changed over the years? In 1970 I don't remember hearing the phrase climate change, or carbon emissions; those weren't the main issues then.

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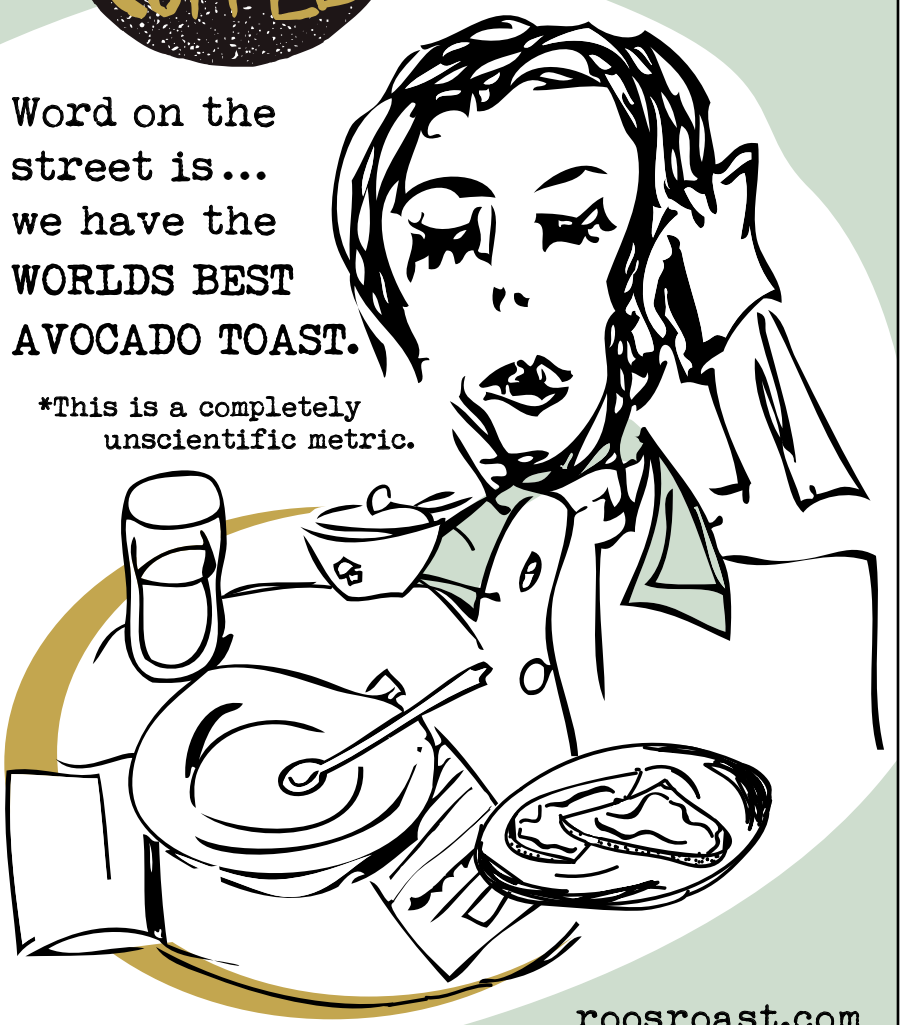

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ECOLOGYCENTER

Healthy People, Healthy Planet

In addition to Garfield, freelance journalist Sandor Slomovits contacted a few other people who have been associated with the Ecology Center in the past 50 years and asked them to discuss the history and accomplishments of the organization. To provide a multifaceted picture of the EC, he got in touch with people who worked at the EC during various points in its history, and who held different positions and served in a variety of capacities, from staff and leadership, to volunteers. Brief sections on five of those people are on these pages.

Michael D. Schechtman was for two years, between 1971-1973, the second Executive Director of the EC. He is now Executive Director of the Big Sky Institute for the Advancement of Nonprofits in Helena, Montana. He moved to Ann Arbor in September of 1970 to begin a Masters program in what was then called the School of Natural Resources at the University of Michigan. When asked how he became involved with the EC he replied, "I volunteered with the recycling program and became co-chair of the recycling committee, and when Bill Kopper, the Center's first Executive Director, decided that he did not want to continue in that capacity, I was approached by Center staff to apply for the position."

During Schechtman's tenure the name of the organization was changed from ENACT Ecology Center to the Ecology Center of Ann Arbor. This important rebranding of the organization from a student initiated nonprofit to a true community organization helped the EC to expand in a variety of ways. The City of Ann Arbor provided land for the EC to expand its recycling operations to include glass, newspapers, aluminum, and metal cans. There was significant growth in volume, and the sale of the recyclables (especially glass) was a significant source of earned income for the Center. "Although not successful under my tenure, there was a very considerable effort by the EC to gain passage of a local bottle bill that would require a monetary deposit on beverage cans and bottles."

The Teaching/Demonstration Organic Garden on U-M's North Campus had started before Schechtman was hired, but it blossomed in the years that followed. Volunteers got to take home produce and educational tours took place regularly. The EC also conducted many community seminars on environmental topics, including a session on environmental law given by renowned law school professor Joseph Sax, and a presentation by Frances Moore Lappe, author of *Diet for a Small Planet*. "Cecil Ursprung, the EC's Business Manager, and I regularly attended city commission meetings and meetings of the planning commission (so the EC could voice its input on community planning, transportation, and urban growth issues). We actively supported the passage of Teltran, a millage to expand public transportation, and we vigorously opposed the Briarwood Mall development."

When a fire destroyed the building at the corner of Huron and Main, the EC took the lead to create an interim park on the site. It was a very big undertaking, which included securing approval from the owners of the property, as well as the city; developing a physical plan for the construction of the park; raising funds for the costs; and securing donations of many materials.

Even though he now lives and works far from Ann Arbor, Schechtman continues to follow news of the EC. "The spirit of volunteerism always was a very special part of Ann Arbor, including the University's faculty and students and the community at large. The EC was a magnet for volunteers, and we had a half-time staff person who recruited and oriented volunteers and matched them with program opportunities that needed volunteer involvement. Most striking has been very successful involvement with the residents and the city of Detroit on a diverse array of environmental issues. The size of the staff and scale of operations also is quite striking. The EC has had many victories on tough issues. I find the caliber and scale of the Center's work very impressive."

Ann and Tom Hunt were early adopters of the Ecology Center. They, and eventually their children, volunteered and contributed in many ways to the work of the EC. Ann was on the Ecology Center Board for a number of years in the early 1980s, serving as treasurer and on the finance committee, and worked on establishing an Ecology Center Endowment Fund. She and her husband bought and donated to the EC their first computer, an Apple II, sometime in the 1980s, and Tom wrote a computer program for printing labels. Ann recalls how her family came to be involved.

"On a hot day in early October 1971, my husband Tom and I, with our four-month old daughter, Jenny, in a Gerry Carrier, participated in the Ecology Center's 1st (and only) Walk-a-Thon. I cannot remember just how long it was, but the route started in Ann Arbor and included the Botanical Gardens, returning to town via Geddes Avenue. By the time we reached the part of Geddes Avenue that is now the pathway down to Gallup Park, we were pretty hot and thirsty. And there was Mike Schechtman, the director of the Ecology Center, manning the last rest stop on the route. We were the last people on the route, too, so Mike walked in with us, enthusiastically talking all the way. We were hooked!"

The next year, in 1972, the Ecology Center switched gears to a Bike-a-Thon and Ann helped with the planning and then rode 25 miles with her daughter Jenny on her back, while her husband drove their car as a support vehicle. "From then on, we were committed to the Ecology Center."

Their whole family, which grew to include four children—Jenny, David, Diana, and Susan—got sponsors and rode in the Bike-a-Thon for 20 more years. They each tried to ride 100 miles in every Bike-a-Thon and got as many sponsors as possible so they could raise funds for the EC. All told, Ann worked as a volunteer on the Bike-A-Thon for almost 30 years.

One of Hunt's favorite memories from her years of volunteering at the EC is The Sagging Saddle Award for most dollars raised in the Bike-A-Thon. "Someone in the Ann Arbor Bicycle Touring Society donated his old broken bicycle saddle, and we had it made into a trophy for the Center. The idea was to award it each year to the person raising the most dollars." Jenny Hunt and Don Jones shared the honor the first year it was awarded, in 1982. Their picture appeared in the Ann Arbor News. The Saddle went to various people over the years and was finally retired. The EC gave it to Jenny Hunt, now Jennifer Chisholm, several years ago, and she is going to loan it back for display at the 50th anniversary celebration.

"The many, many wonderful Ecology Center staff members over the years were, and are, dedicated and determined. I can't list names because there are too many, and I don't want to miss anyone. Suffice it to say they are the reason I was an active volunteer for so long."

"What this organization has always been about is the connection of environmental issues to people, communities, neighborhoods and the effect of climate change, air pollution, toxic chemicals, food systems, land use, land preservation, the effect of those kinds of issues on people's health."

— Michael Garfield

Bryan Weinert worked as Operations Coordinator at Recycle Ann Arbor from 1984 to 1988—when it was still a program of the EC. He left the EC to take a newly created position with the City of Ann Arbor—Manager of Resource Recovery—the first ever recycling-related position at the city. He retired in 2009, but returned to work at Recycle Ann Arbor in 2013, first on a part-time basis, and now as full-time Director of Strategy.

"I got involved with the EC in late 1983 shortly before our first child, Caroline, was born. (Incidentally, Caroline [Freitag] is now a full-time class teacher at the Rudolf Steiner School of Ann Arbor, and responsible for starting the recycling program at the school when she was a 5th grade student there). My wife, Layale, suggested that we become recycling block coordinators in our neighborhood, and that we attend the EC's annual meeting to learn more about their work.

The early days of my job [at Resource Recovery] were built mostly around lining up collection volunteers to supplement our one full-time collection driver, and to slowly grow the geographic area served by curbside collection from roughly 50% single-family coverage to 100% of single-family households. During my tenure we did go city-wide with monthly collection, hired additional drivers and processors to handle the growing volumes of recyclables collected, and expanded our business recycling program. I also endeavored to keep the connections between Recycle Ann Arbor, as a "boots on the ground" enterprise, and the larger EC, as an educational and advocacy organization, coordinated and collaborative.

There is NO question in my mind that the relationships that I was able to build with EC and RAA staff and key recycling advocates in town were far and away the most fulfilling and inspiring part of my work during those early days of the recycling movement in Ann Arbor. Everyone on staff was there for the right reasons and was passionate about growing the movement. There was an abiding affection among the staff and a desire to transform our community (and the larger society) toward maximum recovery. In addition, major decisions at the EC and RAA were made by staff consensus and everyone within the organization was paid the same, regardless of position or title. I facilitated the decision-making process at RAA, but agreements were owned by everyone. While sometimes frustrating, the process inevitably led to stronger decisions and an enduring sense of unity and equality among the staff.

My greatest frustration was the need to survive and grow with limited financial resources, and at salary levels well below what employees deserved. And while that was frustrating, there was also an integrity and power in people remaining committed to the cause even though underpaid.

Two fond memories come to mind—one is the sharing of a case or two of Falstaff beer for our weekly (late afternoon) Wednesday RAA staff meetings (a "perk" that would unheard of today), and the other is our annual "Baler Bash" that was held at the Ellsworth Road site around Halloween, providing an opportunity to celebrate together with fellow staff, family, and friends.

The EC gave me a shot at my first real job, and it ended up not only changing the direction of my life, but also providing me with an everlasting affection and loyalty for an organization and a cause that continues to *rock the planet* today!"

Tracey Easthope began working at the EC in 1990 and, after 25 years, cut back to part time in 2015. She now consults with the EC as Senior Strategist, and one of her areas of focus recently has been the history of the organization. Her work at the EC is an example of the organization's attention to statewide and even national issues, rather than just local ones.

"I have a degree in Public Health from U–M where I studied community organizing, health behavior, and health education, with an interest in environmental issues. I applied for a job at the EC not long after I got out of graduate school. My main focus at the EC was the Toxics Reduction Project, working with community groups across the state that were fighting toxic pollution. We created a state-wide newsletter called the *Michigan Toxics Watch* to raise awareness about pollution issues in communities across Michigan. I worked with community members in Grayling around contamination from the military training facility there, in downriver Detroit with activists concerned about companies like BASF discharging to the local Mongaugon Creek, with communities like Detroit and Hamtramck trying to shut down toxic incinerators, or with communities fighting schools built on old landfills, or the Alpena community fighting a huge polluting cement kiln. One of the longest running and largest projects I worked on was with community activists near Dow Chemical's global headquarters in Michigan, who were fighting to win cleanup of the largest dioxin contamination site in the country. I worked in many poor communities and communities of color, like in Flint fighting a demolition wood waste incinerator. We also worked with our labor allies in the UAW, focused on plants that were both actors in the workplace and the community. This is a short list. There are many others.

But after a while, it became clear that it would be better if we didn't make toxic products to begin with. Cleanup is hard, expensive, and sometimes it can't ever be cleaned up, so it's much better to go upstream and change the way products are made so they aren't toxic. So, I started to work on what we call 'market campaigns,' where you appeal directly to companies to reformulate their products to make them safer. There are many tactics used to influence companies, including testing their products and making those results public, or organizing their large customers and getting them to demand changes to their products. We started emphasizing focusing on the design of products from the beginning so they are safer for people, workers, and the planet. I also started working on Green Chemistry, a set of principles to guide the development of new chemistries so they are safer from the outset. This is a revolutionary way to think about designing the basic chemistry that underpins all the stuff we use every day. I worked on promoting Green Chemistry in Michigan colleges and universities and in Michigan businesses.

One of the biggest market campaign efforts I've been working on is in healthcare, to green medical products, furniture, and flooring used in healthcare. We've made great strides there."

Rebecca Meuninck has been the Deputy Director of the EC for the past four years but has a long association with the organization.

"I started at the EC in 2000 as an intern while I was an undergraduate at UM School of Natural Resources and Environment (now School of Environment and Sustainability). I've worked in many positions at the EC over my tenure intern, organizer, campaign director, and now deputy director. In 2009, I came back to work at the EC after taking a few years off to pursue my Ph.D.

I am very interested in the intersection between the environment and human health. As a student, I studied environmental justice and anthropology. The EC is the premier advocacy organization working on environmental health issues. In particular, those related to toxic chemicals and human health. My focus has always been on toxic chemicals and human health, but the strategies we use change over time. In the beginning of my career at the EC I was doing more community-based environmental health work and also focused on healthcare institutions and greening their practices. Eventually my work began to focus more on public policy at the state and federal levels related to our chemical regulatory systems. I've also been working with our consumer products focused campaigns, with our Healthy Stuff project, which tests everyday products for toxic chemicals and pushes manufacturers to use safer chemicals in their products.

My work in public policy is full of many highs and lows. In 2016, for example, our country's major law regulating chemicals in most consumer products was finally revised after 37 years of being out of date and weak. While we were happy that TSCA reform (Toxic Substances Control Act) finally happened, the law was not as strong as we would have liked, and we cautioned that a weak EPA administration would be very problematic in implementing the new law. Flash forward to today, and we have about the worst possible scenario under this EPA administration that is more worried about corporate polluters than public health.

Sometimes the biggest victories happen like a slow burn over a long period of time. I feel this way about our work to end childhood lead poisoning. This is something that will take concentrated effort over many years. However, we have seen a concentrated effort in the wake of the Flint water crisis to put more energy, resources, and policies into place to prevent lead poisoning in the future. We still have a long way to go but we're now on the right path.

One of the joys of my work is getting to work with so many passionate and extraordinary people. That includes our staff and our partners at other groups of course, but one of my very favorite programs is our Health Leaders Fellowship. For five years we have been working with a select group of health professionals (doctors, nurses, dietitians, public health pros, etcetra.) to train them on how the environment impacts people's health and provide them with a toolkit of civic engagement skills to advocate for people and the planet in their communities, their hospitals, and in the public policy sphere. This year I've been working with a group of fellows to address the PFAS in water crisis in our state. They have spoken out in their communities, consulted their patients, and provided testimony to lawmakers about this critical issue and solutions Michigan must pursue now to protect our health. I am so inspired working with these tremendous advocates for environmental health and it keeps me inspired to do this work, which can be challenging at times."

The Ecology Center

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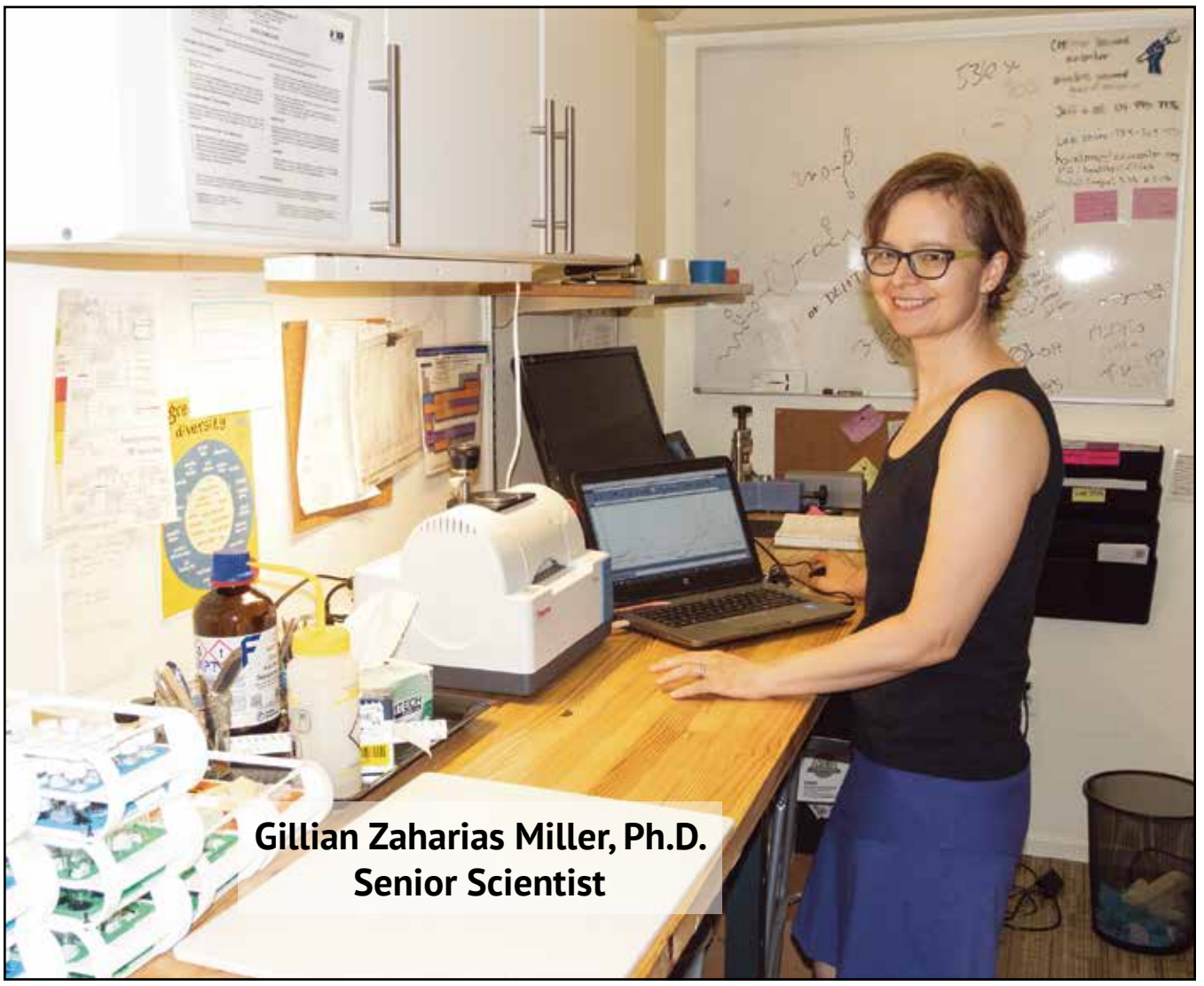
Garfield: No, I think climate change was known, scientists had been aware of it for a while, but it was usually referred to as global warming. It wasn't well studied then, it became a major international issue in 1988 when a scientist working for NASA, named James Hansen, delivered testimony before Congress that our time to act is limited, that this is a crisis far worse than anyone realized. That got attention, but not enough. It was still called global warming until the 2000s when it became popular again as an issue in good part due to the movie that Al Gore made, *An Inconvenient Truth*.

I think issues like that wax and wane as issues of great public awareness, and the language around them changes too, global warming to climate change. When the Ecology Center was started, when people talked about the movement of people to fight for a healthy environment, they referred to it as "the ecology movement." People don't talk about it that way now. Now the word ecology tends to refer to a field of biology that studies the interconnection of habitats. So, language changes, our organization's emphasis has changed over the years, but the core mission has always been about what we now call "working for innovative solutions for healthy people and a healthy planet." And the parts of it that are really important are the innovation part of it, and the people and planet part of it.



Gillian Zaharias Miller, Ph.D.
Senior Scientist

Charles Griffith, The Director of Climate & Energy Program and James Vansteel

On the people and planet part first. What this organization has always been about is the connection of environmental issues to people, communities, neighborhoods and the effect of climate change, air pollution, toxic chemicals, food systems, land use, land preservation, the effect of those kinds of issues on people's health. That's the framework many people who come to these issues use to consider them fully. I think it's a framework that the EC always cared about, but it was uncommon in the 70s and 80s and the world has been catching up with it. There's an increasing awareness. Maybe we, and other organizations like ours, have had an effect on people's outlook. I think today that point of view is a little more widely accepted and appreciated.

The other thing is our part in innovation. I talked to some of the early leaders of the EC about this, how our approach has been to look for creative ways to make a difference and to move the culture and the community [toward a greater awareness of environmental issues]. In that regard we have tried a lot of different projects, campaigns, and educational programs over the years, to see what works. What I've tried to create, and what other leaders of this organization have tried to create over the years, is a culture of creativity and a community of creative activists that are trying to find effective ways of making the world a better place and promoting healthy people and a healthy planet. We have let our work take us in really interesting directions. I'll give you an example of this.

In the 1990s we, like a lot of other environmental organizations, were concerned about air and water pollution in Southeast Michigan and one of the biggest sources of pollution at the time were auto-manufacturing plants. We delved into that deeply and started looking at a lot of the production processes—what went into the manufacturing of cars and trucks—and we built a lot of relationships with auto industry engineers and companies. We looked at different policy approaches that could force the industry, or encourage them, to do things in better ways and make cleaner cars. As we kept exploring we started looking at things at a very granular level, and at one point we decided to do some testing of indoor car air quality, to see what drivers and passengers in cars are exposed to. We tested dust that collects on dashboards, and windshields, there is a way of figuring out what's off gassing and collecting there, and what gets taken in; we started looking at some of the component parts, to see what's in them, what degrades, off gasses, quickly. We started looking at some of the other component parts of vehicles that become major pollution sources and we started to pick apart some of these pieces, and one of them was a switch that was used in trunks and underneath hoods, that gives you a little light so you can see if you need to look in your trunk or under the hood at your battery. For years that switch was made of mercury, and that mercury, when a car

"We started testing all sorts of other key consumer products. We tested child car seats, toys, we've been testing a lot of building materials, furniture, we recently started looking at dairy products and food cans, and some other interesting new areas, and that's what we call our Healthy Stuff Project. It's probably the project or initiative that we're best known for throughout the country."

— Michael Garfield

got scrapped, would go with the scrap metal. It would get compacted in the giant machines they use to compact cars after they've taken out everything that can be resold, and would get sent to a steel mill that uses recycled scrap from cars, and it would get burned in those mills. It was a major source of mercury pollution, these tiny little switches. So, we organized a national campaign to get that changed, and it eventually led to a national EPA program that first phased out the use of those switches until they found an alternative and then, for the ones that were still left on the road, a recovery fund was set up to get scrap yards reimbursed for taking them out before they junked the cars.

We also looked at the lead that gets used in wheel weights. We started doing tests of the interior parts of cars and came to the conclusion that it could be of great public interest to inform people what their cars are made of. We were able to get one of our founders to give us some rapid screening equipment that let us do some of our own independent testing that enabled us to test for metals like lead, mercury, cadmium, and other chemicals of concern, and we started testing car interiors for toxic chemicals. We did that for all the makes and models in 2007, and we published the results, with names included. It was the first time, as far as we're aware, that anyone had tried to do a sort of Consumer Reports-style study of toxic chemicals in a consumer product. There is research about this stuff that's often done at universities, with the names removed, for all sorts of reasons…

"Our work has changed, but the core mission has more or less stayed the same. We've tried to adapt as the world has changed, as issues have waxed and waned."

— Michael Garfield

Slomovits: Funding is likely one…

Garfield: Liability issues. They take the names out. You might know that a certain class of products is problematic, but you won't know distinctions between brands, and you won't have any information for the average person, or even for the manufacturer to work with. The thing is, from the point of view of a carmaker, and this is true of any manufacturer, they love the toxic chemicals in their dashboards [laughter] or seat cushions or whatever. From their point of view these are functional products that are inexpensive, right? And so, when we released our car report, we had every Ford, GM, and Toyota product listed with letter grades and some detail about what's in there. We got a lot of press attention for it around the country, and we got a lot of phone calls from our friends at the auto companies.

As I mentioned, we built a network of relationships with people at the auto companies, especially the Detroit companies, and engineers who are working on sustainability issues there came to us and asked, "Where did you get that information?" We told them we tested, that we have a portable X-ray florescence spectrometer, which can detect the presence of heavy metals down to a certain depth within an object. And they said, "This is really interesting. We've been trying to get some of this data from our suppliers for years." [Laughter] So, we tested other consumer products, and a year later we tested cars again, and we found that Ford and GM showed marked improvement. So, before we released our results, we called the engineers at those companies and said, "Hey, we just did our tests again and learned that they look a lot cleaner." And one of those engineers said, "We bought our own XRF device." [Laughter] And they started leaning on their suppliers to get them better materials. This is true in a lot of product categories, it's not that hard to make them cleaner. In fact, in Europe, the EU has tougher laws when it comes to toxics in consumer products. So, there are—it's been well documented—manufacturing plants in Asia now that have a European line and an American line.

Slomovits: Wow!

Garfield: But, all car companies, and a lot of other manufacturers, are global at this point, so if they can do it in Europe, they can do it in the US. And since it's not a core part of their operations, they would just as soon make it clean, *if* people know about it. So, we bring some disclosure to it. We started testing all sorts of other key consumer products. We tested child car seats, toys, we've been testing a lot of building materials, furniture, we recently started looking at dairy products and food cans, and some other interesting new areas, and that's what we call our Healthy Stuff Project. It's probably the project or initiative that we're best known for throughout the country.

Our work has changed but the core mission has more or less stayed the same. We've tried to adapt as the world has changed, as issues have waxed and waned.

Greg Keith, Curbside Manager and Andre Thomas, Curbside Technician & Driver

Slomovits: What do you feel are your top priorities now?

Garfield: At a granular level, our top issue priorities are climate change, toxic chemicals, and zero waste. But to look at it more holistically, it's important to understand that environmental issues are health and justice issues. The Ecology Center's unique role is to find innovative solutions for healthy people and a healthy planet. I believe that what's different today from 1970 (and even from 2005) is that every sector of our society (corporate, political, academic) that seriously thinks about these issues understands those connections and appreciates their urgency. And there are thought leaders in each of those sectors that are trying to address them responsibly, and to move their organizations [and our world] forward. We try to move them along faster!

We were part of a movement that has transformed the way people in this community, the state, and this country think about environmental issues, so that no one any longer openly says that environmental protection, clean air, and clean water, are not extremely high priorities.

Slomovits: Trump?

Garfield: There continues to be great resistance to strong environmental policy and policies and practices that are a measure of the problems we are facing in the world—whether it's climate change, or toxics and health—but when I started this work, large industry groups actively worked to dispute the importance of environmental issues. It was unusual that companies would market products as green, or clean, or safe, or healthy. They complied with regulations and that was enough. It's different today. There's been a sea change in attitudes about this, and I think we've been a big part of making that happen. We have organically grown and locally grown food available in many places. We have recycling programs, renewable energy available and affordable all over the country and all over the world now. We have products that are marketed now because they don't have BPA or other toxic chemicals in them, and that's a good thing, it's something that has value.

I also get it. Your point about Trump is a really important one because our culture is kind of schizophrenic about it, and our politics are a million miles behind our culture when it comes to these issues. That's because government operates on a certain set of structures and through processes, and those have to get moved through, and folks in companies with power, public officials with power, who've got real interests in keeping things the way they are, fight it every step of the way. But I think the change is really dramatic.

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The Ecology Center

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"I believe that what's different today from 1970 (and even from 2005) is that every sector of our society (corporate, political, academic) that seriously thinks about these issues understands those connections and appreciates their urgency."

— Michael Garfield

It's bracing how much some of the issues, which decades ago we fought to make people aware of, are now pretty much taken for granted and incorporated into day-to-day life. But at the same time we have not had a major new environmental law passed and enacted in the US since 1986, and that's the reason why major climate policies that were enacted by the Obama administration were passed as regulations and were criticized because they were going around Congress to enact these regulations in a less effective way. The reason it was done that way was because the Republicans in Congress were dead set against letting them get considered, much less taken up for a vote, and there were probably some Democratic votes against them too. Our politics have to change. So we still have a lot of work to do. And that's I guess what I'm most frustrated about.

When I was starting this work in 1988, James Hansen gave his celebrated testimony before Congress, and that got an awful lot of media attention and kind of set the environmental and political world on fire for a little while. For a number of years that was a somewhat non-partisan issue, people like John McCain and some other Republicans would co-sponsor legislation to create a cap and trade program to take a first step at addressing climate change. The issue was acknowledged as a critical issue that long ago, and not only is the current administration not acknowledging science that was acknowledged several decades ago, but they're actively working to undo the little that we've done so far. That's incredibly frustrating right now, and it's just the most high profile of a whole lot of frustrations that go along with working in politics on these issues. From my point of view, even more disgusting and upsetting, close to us, was the poisoning of the children of Flint because of a horrible decision by the emergency manager. With all the awareness that we have today about lead, we've known about lead for decades now, that given all that awareness to still allow…

"I'm incredibly proud of the work we've done to green consumer products, creating the land preservation programs, the work we did to shut down all of the state's medical waste incinerators—all of that energizes me like few things."

Slomovits: That gets us back to one of your earlier points, about how that kind of thing winds up affecting the least powerful, the people of color, the low-income people. Despite all of that, is it fair to say that you get up in the morning feeling good about your work?

Garfield: Oh, God yes, I responded to your question at a big picture level. At a very personal level I'm incredibly proud of a lot of the things we talked about, and a bunch of things we didn't mention. I'm incredibly proud of the work we've done to green consumer products, creating the land preservation programs, the work we did to shut down all of the state's medical waste incinerators—all of that energizes me like few things. My personal level frustrations are more mundane, [laughter] fighting the fight on different political issues and attracting the funding to be able to carry out our mission in an effective way. I'm really lucky to have found this place and this community. I'm grateful for it every day.

For more information, news on the latest findings, and events happening in conjunction with the Ecology Center, visit them online at www.ecocenter.org.

Meghan Clark, Naomi Fergusson, Basil AlSubee, and Katherine Hummel

"We have not had a major new environmental law passed and enacted in the US since 1986..."

— Michael Garfield

"At a granular level, our top issue priorities are climate change, toxic chemicals, and zero waste. But to look at it more holistically, it's important to understand that environmental issues are health and justice issues."

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The University of Michigan's Role in the Founding of the Ecology Center

The University of Michigan, which played a significant role in the founding of the Ecology Center, continues to maintain an interest. In the fall of 2017, LSA Professor of History Matthew Lassiter taught an experimental class called "Environmental Activism in Michigan" in which eight undergraduates conducted archival research at the Bentley, digitized historical videos, arranged videotaped oral interviews with historical participants, and built an online website michiganintheworld.history.lsa.umich.edu/environmentalism/.

Two of Prof. Lassiter's students, Meghan Clark and Hannah Thomas, did much of the work building the website.

"The website covers the first Earth Day in April 1970, the major ENACT teach-in at UM that preceded it in March 1970, and other environmental issues in the state of Michigan and at the national level in the 1960s and 1970s," wrote, Prof. Lassiter. "One major part of the website project covers the first decade of the Ecology Center, including its founding in 1970 by the graduate students who organized the ENACT teach-in here, and its activities in the first few years.

"I learned a lot from the research that the students in this class conducted, but the most surprising insights involved how central the labor unions and the issues of what we now call environmental racism and environmental justice were to the most progressive wing of the environmental movement in the late 1960s and 1970s. Barbara Reid Alexander, the Midwest coordinator for the first Earth Day, urged us not to neglect the strong support of Walter Reuther and the United Auto Workers for the radical environmental agenda during this era, a connection she rightly argued has been 'lost in recent years for the progressive agenda.' Our research confirmed this interpretation of history and also found that many of the organizers of the ENACT Teach-In at U-M and of the national Earth Day made environmental justice central to their mission during the 1970s, including through the work of our local Ecology Center in Ann Arbor and of Environmental Action and the Urban Environment Conference, two national groups that have not received sufficient attention in historical scholarship. There were definite tensions as well as cooperation between the civil rights, antipoverty, antiwar, and environmental agendas—like our section on the ENACT Teach-In documents—but the conventional wisdom that the environmental justice movement did not emerge until the 1980s is wrong, and so is the historical verdict that labor unions and environmentalists cannot cooperate because of the (false) choice between economic growth and environmental protection.

During the project, we interviewed Mike Garfield and Tracey Easthope of the Ecology Center, and it was inspiring to hear them talk about the initiatives of the center in recent decades. That led to discussions of how History students could contribute more to the upcoming 50th anniversary of Earth Day, when we are planning a major commemoration at UM, and also this coincided with the 50th anniversary of the founding of the Ecology Center a few months later. We came up with the plan to expand our website's section on the early years of the Ecology Center into a comprehensive separate website about its history, including attention to issues of environmental justice and major campaigns."

That separate website has two purposes, said Prof. Lassiter. "The website will provide a history of the Ecology Center since 1970 to serve a couple of purposes. First, more generally, to increase UM campus-local community collaborations by involving undergraduate and graduate students in History and other departments in a research project designed for public audiences. This is one of several initiatives in a new History Department initiative called UM History in the Public Service. And second, the website will chronicle the history of environmental activism and policy in Ann Arbor and the state of Michigan by combining analysis and narrative with archival documents from the Ecology Center files and collections housed at the Bentley Historical Library—for the benefit of public audiences and internal use by the Ecology Center in its ongoing campaigns.

The website is in progress, and Professor Lassiter hopes that he and his students will complete it in time for the 50th Anniversary celebrations in April 2020.

SUSTAINABLE HEALTH

Why Your Gut Won't Heal – And What You Can Do About It

An Excerpt From the Book *Stop Stomach Pain: How to Heal Your Gut and End Food Restrictions*

By Allison Downing

According to two studies, 25% or more of the population in the U.S. has a functional gastrointestinal disorder, or an FGID. That is one out of every four people! But what is an FGID, and if so many people have it, why don't you know about it?

An FGID is any gastrointestinal (GI) disorder that has no visible or identifiable structural problem. Essentially, it is any gut disorder that has no clear cause such as an ulcer, hernia, polyp, or fissure. The most common FGID diagnoses include: IBS, GERD (acid reflux), chronic constipation, chronic diarrhea, gastroparesis (paralyzed stomach), and dyspepsia.

According to two studies, 25% or more of the population in the U.S. has a functional gastrointestinal disorder, or an FGID.

While all of these diagnoses affect different parts of the digestive tract, what all of these diagnoses have in common is that their root cause is dysfunctional peristalsis.

Peristalsis is the beginning and end of our digestion. To put it simply, peristalsis is for the gut what a heart beat is for the heart. It is a giant, wave-like muscular contraction from the esophagus to the large intestine that pushes food along. Without peristalsis, food doesn't move.

With an FGID diagnoses, the peristalsis of the gut is weak, out of sync, or frozen. The result or symptoms of a weak, uncoordinated, or frozen peristalsis varies based on severity and location. The peristalsis dysfunction can be located primarily in the upper GI tract (as with acid reflux/GERD) or in the lower GI tract (as with IBS or constipation/diarrhea) or it can manifest throughout the GI tract. Wherever the peristalsis is dysfunctional, the contents of that region don't pass through the way they should, either becoming completely stuck, alternating between stuck and shooting through the system too fast (as with diarrhea), or moving miserably slowly.

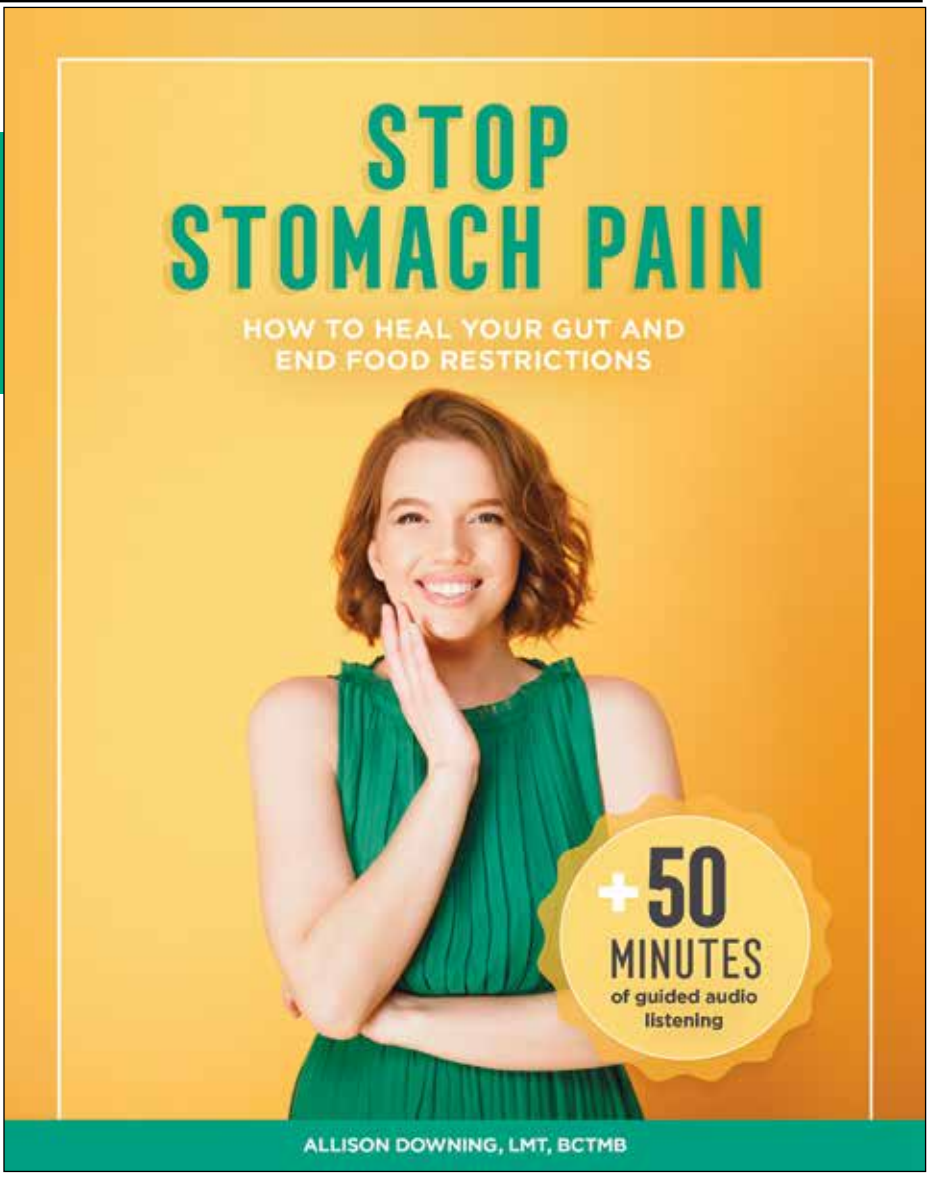
Peristalsis is the beginning and end of our digestion. To put it simply, peristalsis is for the gut what a heart beat is for the heart.

Dysfunctional peristalsis has a HUGE impact on the body.

- In the esophagus, dysmotility will feel like food getting stuck, liquids may be uncomfortable to swallow in large amounts, and breathing may feel difficult.
- In the stomach, dysmotility can create quick feelings of fullness when eating a meal, acid reflux, slow release of contents from the stomach to the small intestine, and a feeling of pressure in the upper abdomen close to the ribs.
- In the small intestine, dysmotility will cause bloating, gas, sharp and dull pain, low back pain, bacterial overgrowths or imbalances, noxious gas, and set the small intestine up for further problems such as leaky gut or SIBO (small intestinal bacterial overgrowth).
- In the large intestine, dysmotility will result in constipation or diarrhea, or a mix of both. With slow motility, pockets of gas may build up causing more bloating, pain, and sometimes pelvic pain or discomfort. Reabsorption of toxins back into the body is also possible in the large intestine, resulting in lethargy and potentially inflammation in areas such as joints (resulting in pain).

While the food we eat can have an impact on how the gut works (high fat, high carb, full of processed sugar, high fiber foods can all change how we digest), ultimately, the problem lies not in what we put in the gut but what controls the gut—our nervous system.

The problem with digestive dysfunction (particularly with FGIDs) is not in the food we eat (the weighty task we ask of the gut to process said food) but in the muscular or nervous system failure behind the dysfunction. Yet, the most common way



people are being treated with FGID's is with diet management. Low acid diets. Low fiber diets. Low FODMAP diets. Paleo. Not eating before bed. Eating small meals frequently. Intermittent fasting.

The problem with digestive dysfunction (particularly with FGIDs) is not in the food we eat (the weighty task we ask of the gut to process said food) but in the muscular or nervous system failure behind the dysfunction.

There are so many diets out there, and yet, if the food isn't moving through our gut, it doesn't matter what we eat. We will have problems.

The problem with peristalsis and FGIDs then is not the food we eat, but the state of the signals being sent to our gut that are causing (or with FGIDs, not causing) peristalsis.

Let me say this clearly: a true FGID cannot be treated with diet alone. FGIDs can be managed, minimalized, *helped* by diet, but food alone cannot save your peristalsis or cause it to work again. You can definitely (and should) decrease irritation of the gut by not giving it food that will cause fermentation in the gut or further inflammation, but food quality alone cannot tell the gut to start moving again, because food does not control peristalsis. Our nervous system does.

Healing Our Peristalsis

The only way to heal the gut completely, therefore, is to heal it's movement—what *controls* peristalsis.

Unlike the skeletal muscles in our arms and legs, the smooth muscles of our gut are not activated by conscious effort or thought. It is controlled by a subconscious mechanism in our body—our **autonomic nervous system** (ANS).

The autonomic nervous system also controls things like our arteries, veins, heart, liver, the pupils of our eyes, sweat glands, and lungs. It is opposed to the somatic nervous system, which controls conscious, voluntary movement and action. Basically, everything that is not skeletal muscle or things we control consciously is controlled by the autonomic nervous system. That's a big deal!

So, if anything gets off inside of the autonomic nervous system, a lot of things (beyond just our gut) can become unbalanced.

The autonomic system is further broken up into one of two phases: a sympathetic or parasympathetic nervous system response. The sympathetic nervous system is the well-known "fight or flight" response system. Our parasympathetic system is the opposite, known as "rest and digest."

The autonomic nervous system can wreak havoc on us if we are in fight or flight for too long, and that is how the autonomic nervous system (ANS) can get "sick." The sympathetic nervous system is meant to be like a rush of strength, our superpower for short-term survival in moments that enables us to think faster, lift stronger, run longer, and endure more. If left in a sympathetic response for too long, though, our bodies will begin to experience the exact opposite. Instead of feeling stronger, we will experience chronic fatigue. Instead of being alert longer, we will have difficulty concentrating. Instead of resisting infection, we will get sick easier.

This is sometimes referred to as chronic fatigue, or **adrenal fatigue**. During a sympathetic nervous system response, our adrenal glands pump out stress hormones. Adrenaline, which the glands are named after, is a short-term hormone. It is extremely fast acting but also loses its kick quickly.

Therefore, the body has a second stress hormone, **cortisol**, which maintains long-term levels of a sympathetic nervous system response. Although less famous than adrenaline, cortisol has a much more significant effect on the body long-term than adrenaline does. Given enough time with high levels in our bodies, cortisol, and the sympathetic nervous system response, can cause our bodies to break down from not having enough rest.

Our parasympathetic nervous system, on the other hand, is responsible for homeostasis and our long-term survival. We can be in the parasympathetic state for a long time without adverse effects.

Our bodies are made to be in one of these responses at all times. We are either relaxed, digesting, growing, and healing (parasympathetic phase) or alert, vigilant, and (in the case of illness or infection) inflamed (sympathetic phase).

Of the two, we need to be in our parasympathetic response often enough to regulate our long-term survival. If we are in our sympathetic response too frequently, it can throw off not only our digestion but our metabolism, body temperature regulation, hydration, blood pressure, heart health, sleep health, hormones, and sexual health.

I see clients who have had all sorts of stressors, many of which they've never considered were part of the development of their stomach pain.

Stress and Peristalsis

When our body goes through long-term, chronic stress or short-term, acute stress, we can build **high sympathetic tone**. With high sympathetic tone, our body is on alert much more often and smaller stressors can cause a bigger response in the body.

There are a variety of forms of stressors in our lives. I see clients who have had all sorts of stressors, many of which they've never considered were part of the development of their stomach pain. Considering stress as a part of stomach pain has been very elucidating for many of my clients.

Stressors we encounter in our lives can be categorized as emotional, social, spiritual, physical, mental, or financial. Of these stressors, we can have chronic, low-leveled stressors that build up over time, or we might go through an acute, short-term stressor that completely overwhelms the body. Consider these chronic and acute stressors as part of your gut history: anxiety, depression, seasonal affect disorder (SAD), a parent dying, being bullied, moving (perhaps frequently), adopting, divorce, disconnection from your spiritual community, overseas deployment for business or the military, physical or sexual abuse, law school, med school, unemployment, a car breaking down, a wedding, job loss, injury from car accident, chronic illness (such as an autoimmune disorder) or sudden, intense illness.

With digestive dysfunction, we want to end the cycle of fight or flight and return the body to a parasympathetic nervous system response, healthy peristalsis, and a healing state for any and all damaged or toxic tissues in the body.

Learn more about FGID's and how you can treat them naturally in the ebook, Stop Stomach Pain: How to Heal Your Gut and End Food Restrictions, available for download at allisondowninglmt.com/ebook.

Allison Downing, LMT also offers Gut Health Strategy Sessions. To learn more about Downing, her book, and her practice please visit her website allisondowninglmt.com, email Downing at allisondowninglmt@gmail.com, or call (269) 200-7530.

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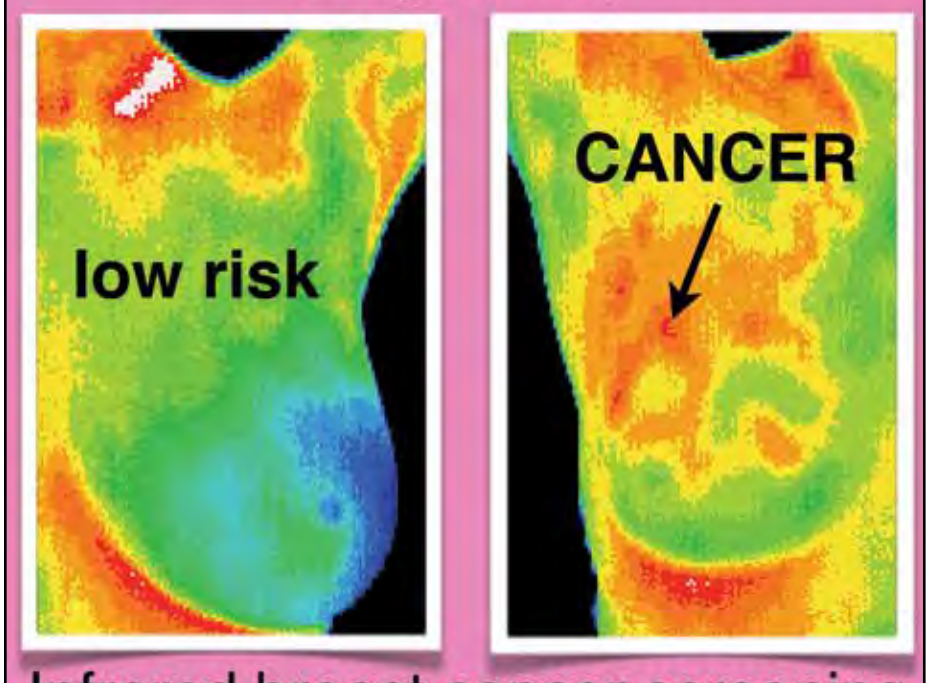

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7 Surprising Facts about Your Gut:

1. Approximately 25% of people in the U.S. have a functional gastrointestinal disorder, or FGID. The most common FGID's include IBS, acid reflux, chronic constipation, and chronic diarrhea.
2. The base cause of an FGID's is dysfunctional peristalsis.
3. Peristalsis is a huge, coordinated, muscular contraction that moves in a wave-like motion through the gut to push food through.
4. Peristalsis is what allows astronauts to digest food in zero gravity.
5. Dysfunctional peristalsis results in an uncoordinated or weak contraction that doesn't move abdominal contents well. If food does not move, bloating, bacterial imbalances, leaky gut, and poor nutrition absorption can result.
6. Dysfunctional peristalsis can manifest in the esophagus, stomach, small intestine, or large intestine. Symptoms of dysfunctional peristalsis include quick feelings of fullness, painful burps, painful swallowing, pressure or bloating in the abdomen, sharp points of pain in the abdomen, acid reflux, constipation, and diarrhea.
7. Low back pain, fatigue, foggy-headedness, and difficulty sleeping can also be symptoms of an imbalanced gut.

Double Double, Toil and Trouble

The Appeal of Witchcraft and Paganism in the Modern Era

By Laura K. Cowan

You see it in Newsweek, CNN, and other news websites that report on spirituality and esoteric culture like *Quartz* and *Gaia.* You see it through phenomena such as Instagram's 300k+ subscriber feed to *Hoodwitch,* Youtube's explosive growth of tarot readers, and gray or shamanic witches offering online tutorials and looks into their family traditions of Celtic witchcraft, and Wiccan seasonal ceremonies. Wicca, witchcraft, and paganism have long had an important perch within Crazy Wisdom Bookstore's book sections, and local Wiccans, witches, and pagans have long been written about in *The Crazy Community Wisdom Journal*, but all these related areas are experiencing exponential growth, both locally in earth-religion-friendly Ann Arbor and on the national scale. It is not difficult to join witchcraft groups on social media or find books on the topic, which have also had enormous popularity growth in recent years. Everything from reading runes to Christian witchcraft (a path in which people often believe in Christianity's tenets of love and forgiveness but also practice magic to venerate nature and don't believe the Bible's historic ban on witchcraft applies to working with light or natural healing manifesting energies but rather harmful workings) is on the shelves and easily accessible today to inquiring minds.

Witchcraft and paganism are experiencing exponential growth, both locally in earth-religion-friendly Ann Arbor and on the national scale.

Recently a Pew Research study estimated 1.5 million Americans identify as Wiccans, which is the religion sometimes associated with witchcraft that involves venerating the earth through worship of a male and female god and goddess aspect. This means there are now more Wiccans in America than mainline Presbyterians, and that's just the beginning. This number does not take into account the many witches and pagans who are not Wiccan at all. In fact the only thing seeming to grow faster than Wicca in the U.S. is the variety of types of paganism or witchcraft.

Witchcraft, which is the practical side to using natural energies to cast spells for manifestation, and tarot card readings have become so popular among young people that beauty retailer Sephora recently drew fire for selling a "starter witch kit" for dabblers, offending the increasing number of serious witches in American culture. Facebook groups for witches, Wiccans, and pagans of every stripe are now often very public and very large. It's not hard to find a discussion online any given day about the Rule of Three, which some, but not all, witches abide by to govern their magic. The Rule of Three means that what you put into the world you get back three-fold, so watch what you do and create positive karma and workings, not ones that harm others. It's not hard to explain how Evangelical Christianity jumped the shark in American culture in recent years by siding with toxic political candidates, or how Catholicism has suffered under the burden of the priest pedophile scandals, but the witchcraft movement is unexpected to a lot of people, especially those who were taught that witches and tarot card readers work with demons.

It seems to be that the freedom and eclectic nature of modern witchcraft itself is the draw. Witchcraft isn't one thing. It isn't even a dozen things.

For many, from aging hippies and baby boomers who are still young at heart to the millennials looking for a spiritual path to replace the decline of Christianity, witchcraft has proven an unexpectedly intuitive choice for continuing along a spiritual path of personal growth without the baggage of out-of-date theology or the dogmatic rule of religious traditions. It seems to be that the freedom and eclectic nature of modern witchcraft itself *is* the draw. Witchcraft isn't one thing. It isn't even a dozen things. And as mentioned before, witchcraft in particular can combine with other religions, so often witchcraft has the appeal of being a stepping stone into other spiritual studies without a person having to abandon another path whose traditions are important to them.

Many people say that it is problematic to paste together a hodgepodge of beliefs and traditions, which in some ways had to be done to rediscover Druidic paganism after the traditions were destroyed during the Roman occupation of the Celtic lands. For a generation that feels more comfortable following what *feels* true to them, this is also part of the draw. Right or wrong, or somewhere in between, as is usually the case with any movement, this trend toward choosing your own spirituality is on the rise. Because people within witchy circles are so eclectic, running the gamut from witches who have traditions passed down in families to pagans who are recreating ancient Celtic or other cultural seasonal ceremonies to commune with nature, the easiest way to understand the growth of witchcraft and paganism is not to sort it out end to end, which takes years of research, but to hear people's stories from within the movements. I pursued some time with three people who were generous enough to give me a peek into their world, two of whom are local to the Ann Arbor area and one I met online in mystical circles.

Spirituality of any kind is a journey and a voluntary one. So, I hope that the following interviews don't do the impossible task of answering all your questions or convincing you what to think about any spiritual tradition, but rather provoke more questions.

Witches' Altar

Because people within witchy circles are so eclectic, running the gamut from witches who have traditions passed down in families to pagans who are recreating ancient Celtic or other cultural seasonal ceremonies to commune with nature, the easiest way to understand the growth of witchcraft and paganism is not to sort it out end to end, which takes years of research, but to hear people's stories from within the movements.

Glenda Bartel, An Intuitive Witch

Photo by Joni Strickfaden

Laura K. Cowan: How did you get into witchcraft and intuitive work?

Glenda Bartel: I was within the religious practice of Wicca (unknowingly) for approximately 20 years, starting at the age of 38. As a child, I can remember talking to the moon and knowing that she was talking back. My intuitiveness has always been there. It isn't something that I got into. It's just a part of who I am. I "knew" things at a very young age. I knew when my great-grandmother was going to pass when I was 12 and she did, two weeks later. My mediumship came into effect at the age of 14 when I saw her standing in the kitchen of her house!

As a child, I can remember talking to the moon and knowing that she was talking back. My intuitiveness has always been there. It isn't something that I got into. It's just a part of who I am.

— Glenda Bartel

I didn't know what being intuitive or being a medium was until I was in my early 30s…. When I discovered that my chart had Scorpio in my Sun and Moon with a Cancer rising, it all made sense to me. Water signs are susceptible to being highly intuitive. In my case, I have water across the board!

LKC: What does this path mean to you and how did you choose which way was right for you?

GB: Wicca felt right for me at the time. It was the stepping stone that led to where I am today. The practice and belief of respecting all living things and "worshipping" nature and Mother Earth? It wasn't hard for me to choose this at all. It gave me an opportunity to learn my own ways and have my own faith, while following the law of

harming none. I've incorporated a lot of paths to form my own. For instance, I love certain aspects of the Hindu faith, and I use a lot of their beliefs in my practices.

LKC: What is it that interests you about witchcraft?

GB: In all honesty, freedom of faith—having the ability to follow the ways you want—whether it be walking "in" the dark or walking "with" the light. Unfortunately, I can't say it's without judgment. You'll always have those who feel a person's path isn't the right one.

LKC: Can you explain the difference between Wicca and witchcraft for readers?

GB: Wicca is a religion. There are rules to follow just like any religion. Witchcraft has no rules. Some would say it isn't a religion. Witchcraft has no boundaries, if you will.

LKC: Are there any other differences you want the readers to understand, such as grey versus green witchcraft, any herbalism you've studied, and so on?

GB: I don't like titling a witch by what kind of work is practiced. To me a witch is a witch. For example, some gravitate toward working with herbs, while others prefer candles or stones.

All witches are herbalists, in my opinion. Some witches may be more proficient with them, that's all. Take me for instance: I love, love, love candle work. I have a friend who loves working with herbs. And another friend enjoys incorporating ribbons into her work! It's all about what resonates with you, I guess.

LKC: What myths would you like to bust about witchcraft and its history?

GB: Oh, I've got several I'd like to share, but we've only got so much time in a day so I'll just share the main ones!

The pentacle and the pentagram are not symbols of Satan. The five points of each star represent the five elements, which are highly respected in the Craft. These are, in order, starting from the top and then clockwise: Spirit, Water, Fire, Earth, and Air. The difference between the pentacle and pentagram is the circle, which embraces the pentagram with its protection.

Which brings me to the second myth: those who practice witchcraft worship the Devil. The Devil is a Christian belief. Those who practice the Craft aren't Christian, therefore are not worshipping a Christian deity. However, this doesn't mean that all witches practice within the light.

Another myth I'd like to squash is not being able to believe in Jesus while practicing witchcraft. Just for the record, Jesus didn't have a religion. Jesus' practice was love and respect for all living things. If love and respect is the focus of your Craft, then yes, you can believe in Jesus, and that's all I'm gonna say about that. I could go on all day!

If a woman healed someone with herbs or was even suspected of working with herbs, she was labeled as a witch and executed. If a woman was outspoken and challenged a man, she was labeled a witch and executed. If a woman was a free thinker, she was labeled as a witch and executed. We've come a long way since then, thank the Goddess!

— Glenda Bartel

LKC: Why do you think women were persecuted as witches historically and the Craft demonized?

GB: In three words: power, greed, and fear. Women have been oppressed for thousands of years. Women who showed any signs of power were condemned as being a witch. Take healing with herbs for instance. If a woman healed someone with herbs or was even suspected of working with herbs, she was labeled as a witch and executed. If a woman was outspoken and challenged a man, she was labeled a witch and executed. If a woman was a free thinker, she was labeled as a witch and executed. We've come a long way since then, thank the Goddess!

LKC: What's your favorite intuitive tool for a reading?

GB: Meditation! I don't use divination tools because being a Clair with all five senses, including mediumship, I have a direct connection with Spirit.

LKC: How do you decide to work with a client when they come in?

GB: I'm told whether or not I work with them—that decision isn't mine. Spirit will also tell me how the message needs to be delivered, whether that is bluntly or carefully. Sometimes I'm told to deliver the message comically, which can be hysterical to say the least! When I made a connection with a loved one for someone, I actually had to get up and do the dance for "Can't Touch This" by MC Hammer! Ya, good times! My client loved it!

LKC: Can you teach us anything about how to do proper research into witchcraft, intuitive work, and the like if readers are interested in learning more on their own or joining a coven?

GB: I'm a solitary, so I've never worked within a coven setting. I've "worked" with close friends though. One of the things I learned quickly in the beginning is to never believe everything you read. Do what makes you feel good. Never participate in the workings with another if they don't tell you what they are doing. Take the "Law of three" seriously because it's real. Don't allow someone else to make you feel bad about what you're doing. Enjoy yourself and have fun!

LKC: Do people visit covens these days or are they generally private for most events?

GB: Covens are very protective, yet welcoming to people who want to join. Not too many will simply allow someone to come in and "observe," however. A proper coven is sacred and will be treated as such by the High Priestess.

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For over well over a decade, Crazy Wisdom Bookstore has hosted Witches' Night Out.

This networking evening, which takes place the second Tuesday of every month, provides an opportunity for people of like minds and beliefs to gather in a safe space. Currently, Witches' Night Out is organized by Moira Payne. Each monthly gathering is themed, and there is also time to just chat and enjoy a cup of Witch Brew tea.

For more information, email info@crazywisdom.net or WitchesOfAnnArbor@umich.edu.

LKC: Do you stay connected with other witches locally or online and how?

GB: Being a solitary practitioner, it's not a norm for me to gather with others. On occasion I will have a gathering of like-minded individuals at my home, partaking in shenanigans though!

LKC: Is community important to you as a witch?

GB: I think community is important to a witch or any other faith-based practice, especially to those starting out. I've taken a few under my wing over the years, guiding them, making sure they have the correct information in order for them to move forward on their chosen path.

LKC: Do you like your solitude?

GB: Yes! Absolutely without a doubt, I need it. Doing what I do has turned me into a full-blown empath, so I need solitude more often than not. It also allows me to recharge.

Glenda Bartel is the tender young age of 47 and lives in Hartland with her husband. She has two children who have recently left the nest. She has recently developed a passion for making garden sculptures with a metaphysical origin. You can contact Glenda at bartelglenda@yahoo.com or Find her on Facebook @thedancingcrowgb.

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The Appeal of Witchcraft and Paganism in the Modern Era

Continued from page 81

Rob Henderson on The Druids

Photo by Joni Strickfaden

Laura K. Cowan: What led you to the pagan path, and why does it keep you coming back? What do you find most meaningful?

Rob Henderson: I've been practicing for 28 years now, so "coming back" feels like an odd way to describe it!

I had friends in college who were pagans and they seemed to be decent people who had their lives pretty well together, so I asked them about it, got some books, and went from there. In terms of ADF Druidry ["A Druid Fellowship" emphasizes veneration of nature, ritual practice, honoring the Earth Mother, and respect and service to others], I joined the local Grove in 1996 as I found their polytheistic devotional practices more compatible with my way of thinking than the usual energy work that some other groups did.

Viewing my place in the cosmos in terms of the relationships I build with others strongly appeals to me.

— Rob Henderson

The most meaningful aspect of our practice to me, is the connection to the Kindreds (our term for the Gods, Nature Spirits, and Ancestors), and to each other, through ritual and celebration. Viewing my place in the cosmos in terms of the relationships I build with others strongly appeals to me.

LKC: What myths would you like to bust about the history of your practice?

RH: I guess the usual answer people give to this is that we don't worship Satan? But lately I've found that very few people really think that about us. One falsehood about us that I do see circulating is that all Druids are men. I know that some of the older British orders were men only, but even that has fallen out of favor. Most American Druid groups have been inclusive since their very beginnings. Most of my Grovemates are women, and most of the priests of ADF at the international level are also women.

LKC: Do you often run into misunderstandings or misconceptions about your faith or practice? How do you handle this? Did it take you a long time to publicly identify with paganism or Druidism?

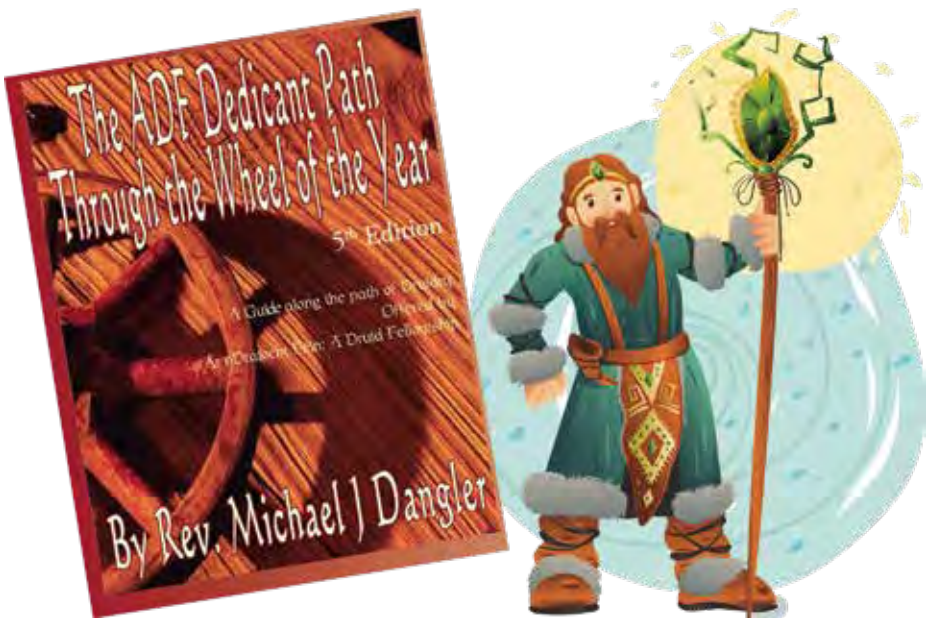
RH: This rarely happens to me these days, though that's most likely because of my disability, and the travel issues that arise from that. I rarely interact with anyone who isn't a pagan. And nearly every non-pagan I interact with lives in Ann Arbor, which is about as tolerant a place as you can find in this country.

When I came out to my family and my boss in the 90s, it was a little scary, but they were supportive. I've been very fortunate in that respect.

LKC: What's your favorite part of paganism? Do you have a favorite holiday, ritual, or time of year and why?

RH: High Day rituals where I can get together with friends and fellow practitioners to celebrate in the Old Ways. I live for that.

Samhain is certainly my favorite time of year, and arguably my favorite ritual, though as a priest I feel like picking a favorite High Day is like picking a favorite child. I love all of our holidays for the very different celebrations that they are.



Too many people are intimidated by the word "Druid" and assume that they need advanced training to be allowed to attend, when in fact we go out of our way to design the rituals in a way that everyone can get something out of them, whether or not they understand the nuances of our tradition.

— Rob Henderson

LKC: Where do you see paganism going on a local and national level in the near future?

RH: That's hard for me to say. I've definitely seen a shift away from face-to-face gatherings and more toward online interactions, partly because it's just easier for most folks (hey, I'm the guy in the wheelchair, nobody needs to explain travel difficulties to me) but also in part because our culture as a whole has become more argumentative, and people aren't as comfortable gathering with others who may have different political views. Will that change in the future? A lot of that depends on whether tensions in the U.S. get better, and I don't have a good sense of where we're going in that respect. As long as I'm able, and as long as people keep coming, I will keep offering public ritual here in the Ann Arbor area, because that's a commitment I've made to my Gods.

LKC: What else would you like to share with our readers?

RH: That our rituals and other meetings are all open to the public, and we really want you to join us! Too many people are intimidated by the word "Druid" and assume that they need advanced training to be allowed to attend, when in fact we go out of our way to design the rituals in a way that everyone can get something out of them, whether or not they understand the nuances of our tradition. ADF is very much about public worship and public service.

LKC: Is there anything you would like to tell readers about your practice and faith to give them more of an idea of what it consists of?

RH: We're an ADF Druid group, which is a bit different from most Druid groups in that we're not exclusively Celtic in our practice [historically the Druids were the priests and wisemen and poet bards of the Celtic people], but instead look to all of

the various ancient Indo-European cultures (including Greek, Norse, Roman, Vedic, and many others) and their common practices as an inspiration to developing a modern tradition. Our rituals are devotional, and involve making offerings to the Three Kindreds (Gods, Ancestors, Nature Spirits) and asking for their blessings in return, following the ancient tradition of reciprocity and the exchange of gifts. Like all ADF Groves, we hold eight open public High Day rituals each year: the solstices and equinoxes, plus Imbolc, Beltaine, Lughnasadh, and Samhain. We also have monthly study group meetings for the ADF's training program for those interested.

Rob Henderson lives in downtown Ypsilanti. He is 50 years of age and works as a computer scientist writing Android apps for various divination systems. You can contact Rob at kargach@netscape.com. To find more information about the Shining Lakes ADF Grove visit www.adf.org/groups/groves/us/mi/index.html.

Diane Horton on The National Witch Scene

Laura K. Cowan: How did you come to this path? How would you describe your path and what would you like people to know about it?

Diane Horton: I came to this path through the routes of shamanism and Goddess worship. As I developed my own healing abilities, my interest in shamanism and healing led me to be very attracted to Native American spirituality and its many branches, but I felt uncomfortable pursuing it further because I didn't want to co-opt what wasn't mine in heritage. I was discussing this with a shamanic healer I had consulted for myself and things I was going through, and he suggested I pursue shamanism and spirituality through my own heritage.

Every part of the world has had shamanic healers, spiritual leaders, and Gods and Goddesses worshiped for countless centuries. Now that seems like a simple idea, but to me it was brilliant and immediately made perfect sense. My heritage is Celtic—Irish, English, Scots. So what was the old pagan spirituality for the Celts? That which has come down to us in the form of modern witchcraft. It dovetailed comfortably with my being called by the Divine Feminine and Her re-emergence on the earth as a spiritual path and the force of those who were similarly responding.

My path is certainly eclectic. I have been drawn to Goddesses of different parts of the earth, which are definitely in different pantheons. On the outside they may seem to not be connected, but they are. As surely as they are separate entities and powers, they are also all One in the Great Mother Goddess Creatrix, like different facets of a globe-sized diamond.

The Divine Feminine, or Great Mother Goddess, is returning and growing more and more in the global consciousness. For too long, three or four millennia, the prominence of the male God has conducted bloody conflicts, repressions of women and children, and the firm embrace and spread of patriarchy through the prominent religions. It has wreaked havoc and brought a brutal imbalance on the earth, including the horrifying disregard of our Mother Earth herself. We find ourselves at a crossroads now, and the Great Goddess who birthed us all will re-create balance. I have no doubt.

If you do any amount of research on witchcraft, you will see how it incorporates shamanism, drumming, chanting, dancing, trance, and personal contact with the Goddess or God that is being venerated, called upon, or invoked, in the form of ritual and ceremony. It is deeply connected to the earth, the heavenly bodies, and the seasons. Most of the witches I know are empathetic, loving, wise women (and a few men) who seek to use their craft both for the benefit of others and the world and to empower themselves. Self-empowerment is the essence of the Craft. Being able to change, and have power in regards to one's own life and experience, is the essence of spellcraft. And having personal spiritual experience is the essence of witchcraft. There is no book, no writings, no scriptures that are definitive to all. It is a spiritual path of experiential wisdom.

What I would most like to communicate to those unfamiliar with witches is that the word witch comes from the Old English or Anglo-Saxon word *wicce*, which means wise. These are people seeking to know and live in the ancient wisdom of the earth. They do not have a connection to any evil entity, and the vast majority would tell you that Satan or the Devil is a character invented by the original Catholic church with which they have no connection.

My path is certainly eclectic. I have been drawn to Goddesses of different parts of the earth, which are definitely in different pantheons. On the outside they may seem to not be connected, but they are.

— Diane Horton

LKC: Are there any myths about witchcraft or paganism that you would like to bust? Do you deal with any pushback or misunderstandings over your practice?

DH: Yes. Forget Hollywood and every depiction of witches you have seen in that venue. Of course there are many, many people who misunderstand my practice. They have no real knowledge of it, they have no experience with it. They don't know people who are pagan. And therefore, there are not that many people who know me that even know I call myself a witch. If they ask, I evaluate in that moment how I will answer because there *is* so much misunderstanding surrounding this spiritual path. The stigma surrounding the pentacle makes thousands of people recoil at the very sight of it. They associate it with evil. It's the same for the word *witch*. If you put yourself out there as identifying with the word witch, many people immediately have a pre-set idea of what that is—a very mistaken pre-set idea. However, I would say that most of the people I know personally would be puzzled and draw a blank, not understanding what was even meant by the words pagan or witch in a modern context.

I would add here that the pentacle is representative of the Great Elements: Air, Water, Earth, Fire, and the top point is Spirit. Nothing freaky there at all. The circle around the five-pointed star represents eternity.

Witchcraft is creating a greater connection between people and how they relate and care for the earth.

— Diane Horton

LKC: To what would you ascribe the growth of witchcraft in the U.S. in the past few years? Where do you see it going?

DH: I think the people in the U.S. are responding in the same way people are all over the earth. Witchcraft is creating a greater connection between people and how they relate and care for the earth. They are also seeking a greater spiritual balance, removing themselves from the shackles of the "power-over" structure of the patriarchal monotheistic religions and the religious incorporated belief that humans are basically evil and sinful. They are seeing a future where humans realize the truth of the oneness of all beings and things, seeing that the force of life and Spirit exists in all the world around us as well as in ourselves. I think that truth is not something which can be suppressed forever, and it is growing now. I think it will bless the whole earth.

Diane Horton is 66 years of age and lives in Santa Fe, New Mexico where she works as a concierge at a large downtown hotel. She has a daughter who lives with her family in New York. She feels passionate about sharing the knowledge that all things and beings are alive and have spirit and are intertwined with the scientific knowledge of quantum physics and that everything is vibration and energy and movement—in essence, alive. She also reads and teaches Tarot professionally. If you have questions she may be contacted by email at CeresLMT@yahoo.com.

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Diane Horton's Altar for Hecate

Sacred Smoke

Smudging, Smoke Cleansing, and Purifying Your Space with Intention

By Moira Payne

I remember coming home after my divorce was finalized. The exhilaration I had felt once the burden of a decade had been lifted changed when I walked through my door. It was quiet. Too quiet.

Through the next several weeks, the weight of coming home was wearing me down. I could not understand how the solitude I had longed for had become my newest burden. I began the process of getting rid of things—the pretty little porcelain butterflies that hung on my wall that he had bought me for Mother's Day during a getting-along year, the picture frames that I never really liked, but had been given with such love that they still sat on my dresser, the stuffed animals that sang the ballad of everlasting love.

That's when I bought my first sage stick. I lit it and walked from room to room, corner to corner, waving it around and blowing on it, to keep it going strong.

Even with these things, and several other car loads, taken to the nearby donation store, the very air in my home had ceased to circulate and had become heavy. That's when I bought my first sage stick. I lit it and walked from room to room, corner to corner, waving it around and blowing on it, to keep it going strong. To the tops of the walls and back to the bottom, from the back of the house to the front. The sweet smell of sage smoked my home each evening until finally, the weight was lifted. It is from my own personal experience that I write with such confidence.

Smoke permeates the air. You can see its path and how it spreads. There can be no place that is missed in a place where there is smoke. In so many ways, the smoke takes our hopes and desires and carries them away to be spread across the world. Given this, it's not surprising that it has been used in spiritual and religious ceremonies around the world and across virtually all cultures. The first recorded use was with incense used by Egyptians as far back as 2500 BC, but it was also being developed in practices in China at the same time. Religious use of incense is prominent in Buddhist, Taoist, and Shinto shrines. These practices saw the burning of incense to be a way of purifying the surroundings and bringing forth Buddhas, Bodhisattvas, and Gods.

In so many ways, the smoke takes our hopes and desires and carries them away to be spread across the world.

Smoke and incense aren't just relegated to Eastern spiritual practices either. Christian belief holds that the three wise men brought frankincense and myrrh as gifts to the baby Jesus, recognizing it was one of the most valuable things they could give. In many Christian practices and ceremonies, the rising smoke is seen as a conduit to send prayers directly to God. We see this referenced in the bible in revelations chapters five and eight. "And the smoke of the incense, which came with the prayers of the saints, ascended up before God".

It is seen as a way to clear and clean spaces and energies, make offerings, and carry our intentions and prayers out to the divinity in all its forms.

Whether it be Hinduism, Islam, Judaism, indigenous peoples, or contemporary Paganism, we find the use of incense and smoke. It is seen as a way to clear and clean spaces and energies, make offerings, and carry our intentions and prayers out to the divinity in all its forms.

The Native Americans have a smoke cleansing tradition called smudging. As I am not Native American and have not been initiated into that tradition, I refer to burning herbs as a smoke cleansing. I have attended Native American ceremonies and have witnessed smudging. However, I respect their tradition and would not refer to my own smoke cleansing as smudging as I would also not call the water wafer a communion wafer. Religious traditions aside, smoke cleansing has an incredible impact on clearing negative energy.

There are as many different ways of smoke cleansing as there are traditions. My own method involves me moving the energy through the home and out the door! Spring and fall make ideal seasons to smoke a house, as the windows can be opened to let out the excess smoke. I place my herbs in a fireproof dish or Abalone shell. I start in the far back corner of the house and make my way through the house until I reach the door. I never leave any herbs alone to burn, as the wind might blow them out of the dish. I sometimes play music that I find healing in the background, as it gets my mind in the right space. When the cleanse is complete, I sit in appreciation for the moment. I focus on the positive in the world until I can vibrate this love outward.

When the cleanse is complete, I sit in appreciation for the moment. I focus on the positive in the world until I can vibrate this love outward.

There is an abundance of herbs that you can use to smoke cleanse an area. Although, many of these herbs can be grown and harvested in our own yards, they also can be purchased quite easily at a metaphysical shop. If it is a local shop, they will know the origins of the herbs and if they were harvested in a sustainable manner. Although my personal favorite is sage, there are other herbs and herb combinations that are sold, usually in a bundle and tied with twine. Although each bundle may have different qualities, your intention matters. Be clear in what properties you are looking to bring into your own sacred space!

When burning the herb of your choice, it is important not to forget the most important tool of all—your intention. Set the intention that the smoke will clear and lift any negative or stagnant energy. To help you stay focused on this intention throughout the process, many people will repeat a chant to themselves, though it's certainly not necessary. You will then waft the smoke into all areas of the space you are clearing. Moving from floor to ceiling and corner to corner, simply be certain that you are moving the smoke throughout the entire space while staying focused on your intention. Being able to visually see the smoke move throughout a space allows you to be certain that the intention you have set is moving throughout the entire space as well. It helps you to not "miss" any corners or stagnant spaces.

While bundles are the most commonly sold form of binding herbs for smoking, there are a variety of other forms as well. In the list that follows, you will find that

in addition to bundles, some may be wood, some come as loose dried herbs, some in incense cones or sticks, and some as resins that you burn on charcoal disks. For any of these, if you are unsure of the proper (and safest) way to use them, I would encourage you to consult packaging, speak to the salesperson, or consult online resources. In the end, it is not about the form the herbs and plants come in that is important. What really matters is the smoke that they produce. Lastly, if you are drawn to a certain herb, take heed! We do not need to know in our minds what the purpose is if the body and spirit are sending out a message.

Good choices for smoke cleansing:

Birch: This tree is very protective, not only in the visible world, but with unseen energies as well. Birch holds strength over new beginnings and drives out negative energies.

Cedar: The pines from the tree make for a great alternative to sage. Cedar is known for its healing and protection qualities. As it clears the negativity, it brings in the good spirits. As a tree, cedar is great for grounding.

Copal: This resin will help you bring in strength, motion, and energy. Copal is used for purification, protection, and opens spiritual portals. This is often substituted for frankincense as they have a similar scent and come from the same tree family.

Frankincense: Calming and connective, frankincense sets your mind to embrace spirit or what is unseen. It is purifying and capable of washing away the ill that affects thought/mind.

Juniper: When burned, juniper will ward off airborne illnesses. It is cleansing, purifying, and healing.

Lavender: Most of us are aware of the calming effects of lavender. It relaxes our minds to allow us to key into our psychic ability while deepening our meditation.

Mugwort: This herb is burned to place you in a trance-like state. Known for its assistance in divination, Mugwort is a favorite for people who meditate and wish to create a sacred space. This herb is great for dreaming and those who wish to work in the in-between worlds.

Mullein: A unique herb that it is said to shine light upon the darkness. It brings divine energy into reality while holding strength in both the visible world and the unseen world. Mullein brings strength to breath. It feeds life and understands change.

Myrrh: This resin will help you embrace what is true and honest. Myrrh fills you with strength, courage, and awareness while helping you become mindful of your potential.

Palo Santo: Holy Wood, which is what Palo Santo translates to, is used for the deepest of healing.

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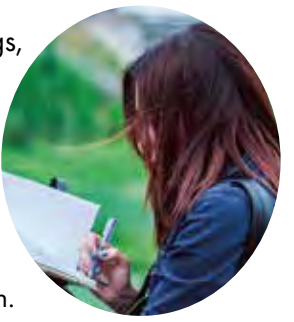

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Pine: As an evergreen, it is forever green. Pine is full of life, abundance, growth, prosperity, immortality, and renewal. It offers protection from a cycling process or embraces a cycling process. Your intention is your choice, either with growth or stagnation. Make sure your intention is true through time.

When burning the herb of your choice, it is important not to forget the most important tool of all—your intention.

Pine Resin: This resin aids in speed of action or thought. It holds the ability to sustain determination over time. Pine resin has an immortality aspect, is purifying and cleansing.

Rosemary: As it clears the negativity, rosemary brings a sense of calmness. Rosemary is known for clearing the mind until your mind can remember things. It's a great herb for dream recall.

Sage: This herb is known for its antimicrobial and antibacterial properties. Not only does sage clear the negative energy, but it removes most bacteria from the air. Sage is a great bug repellant. Metaphysically, sage is known for its healing, cleansing, and protection properties.

Sweetgrass: Used to bring sweet, positive energy or spirits (ancestors, angels, guides) into your space. It is particularly powerful when combined in practice with sage, as sage clears out old and negative energy and the sweetgrass brings in positive to fill the void that is left.

Thyme: This herb offers strength and calming of the mind. While clearing, cleansing, and purifying, burning thyme will disrupt air traveling illnesses. Thyme is known to bring courage, strength, and healing. Use thyme to invoke spirits.

Willow: Wood used for burning has additional qualities as it comes from a tree. Willow is much more healing and protective. It brings a regenerative process into view or existence and holds a destructive strength, yet that destruction will only bring forth growth and renewal.

If you go to the store to purchase one herb and are drawn to a different one, listen to yourself! Our discernment is the most important tool we possess. Remember, you had the power all along, my dears!

Moira Payne, with the assistance of MeKailia Nimue and Kelley Emerson, wrote this article on smoke cleansing and they are just three of the many witches that gather in the Crazy Wisdom Community Room for Witches Night Out. They each bring forth different ideas, energies, and experiences and hope you receive this all for your highest good. You can reach them at WitchesOfAnnArbor@umich.edu

Local Haunts for a Scary Good Time

By Cashmere Morley

Visiting an old haunt takes on a whole new meaning when you dig a little deeper into the history of the place. Every person has a story, and those stories sometimes get trapped in brick and mortar. Lives are cut short by tragedy, buried by lost opportunity, and marred by time moving on. At death, some feel that their story is not finished being told. Just ask some of the people working and living around local places in Ann Arbor and Ypsilanti, who believe some stories go on long after someone has passed.

Every person has a story, and those stories sometimes get trapped in brick and mortar. Lives are cut short by tragedy, buried by lost opportunity, and marred by time moving on.

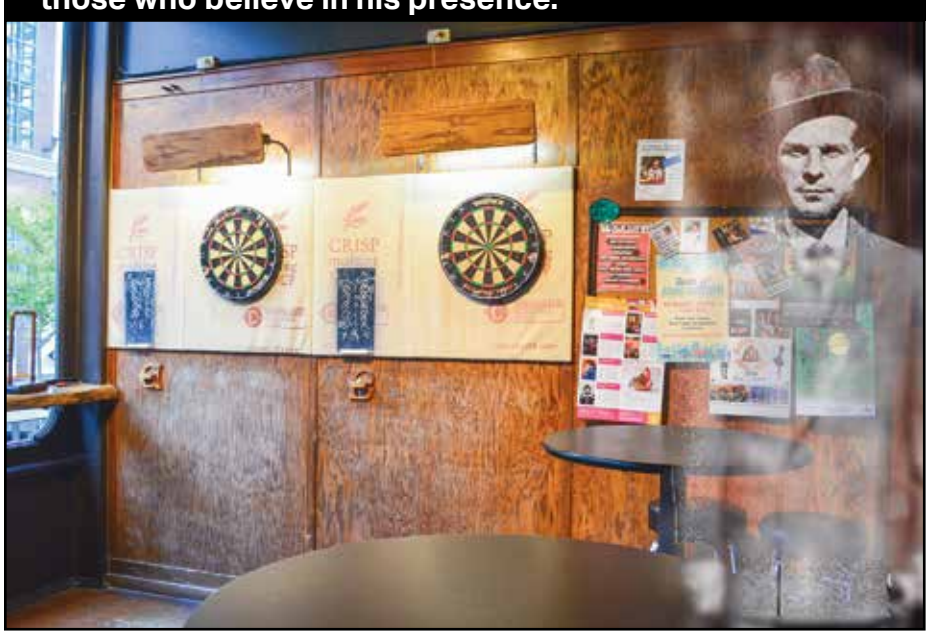
"This place is completely haunted," said Hannah Zwolensky, 20, her eyes widening as she looks around the crowd of the Ann Arbor Brewing Company (ABC). It's a packed Friday night, and the laughter of guests bubbles around the building, effervescent. Beer glasses clink. The smell of bar food and hops wafts around us.

Zwolensky greets a guest just coming through the door with a smile, then turns back to me, still visibly jarred by the mention of ghosts. "Listen to this. I was in the basement going to the bathroom, I heard the door open, and a couple of women walk in, laughing and having a good time. I didn't think very much about it, but when I went to wash my hands I kind of looked around. I didn't see anyone with me in the bathroom, so I checked under the stalls… and there was no one there. I was completely alone."

Other employees gaggle around Zwolensky when she mentions her story, all eager to share what they've witnessed at ABC. Things moving at night after everyone has left. Pans falling from their ceiling hangings when no one is around to touch them (caught on camera). The game room, where billiards and board games are set up for guests looking to have some fun in between beer and bites, was supposedly the scene of a police shooting in Ann Arbor. Walk in there and ghost activity is peak.

But first, the basement. "Go down the stairs to the basement, where the bathrooms are. See for yourself," prompts Zwolensky. "It's like you're sealed off from the rest of the world." Indeed, a walk down the flight of stairs leading to the bathrooms *is* like leaving the world behind. There is a heaviness below ground, a sense of foreboding not felt in the festive atmosphere of the dining area. In the basement, the feeling of isolation is almost smothering.

Stang's watch may have technically ended that day in 1935, but it continues well into the 21st century, to those who believe in his presence.



On March 21, 1935, a police officer named Clifford "Sid" Stang reportedly walked into the site of the Ann Arbor Brewing Company and never left. Stang was visiting the Conlin and Wetherbee Clothing Store, what is now the eastern section of the ABC. He was shopping for a new tie clasp for his uniform when he realized two men were in the process of robbing the place. There was a struggle and Stang was shot in the stomach. By the time he arrived at the old Saint Joseph Mercy Hospital, he was dead, but it is said that he can be seen passing by the window of the game room after hours. Stang's watch may have technically ended that day in 1935, but it continues well into the 21st century, to those who believe in his presence.

No matter the ghost story, there are always disbelievers. Even if they are working on the site of an alleged murder scene. Just ask Suzie Weber, 60, who works at the Dixboro Convenience Store in eastern Ann Arbor.

To those driving by, the Dixboro Convenience Store is a quaint, if unassuming, red and white house that is neither a home nor a convenience store anymore. It holds a variety of whimsical curios perfect for home décor, but at night, it's said that those items have a mind of their own.

"I think one of the freakiest things that has happened, was [what happened to] a lantern that was sitting on a shelf, behind a different display. When the employees came in the morning, the display was sitting in the middle of the floor. Not a chance that could have toppled over and landed intact. Toppled over? Maybe. But not still be intact. It had to come up and over a different display," says Weber.

"It's not unusual for me to be here a couple hours after we close. There are a few people [who feel] a little wigged out that I stay. I'll hear a noise, which I attribute to this house, which dates back to the 1840s… houses take forever to settle. We hear things…. We'll all be downstairs (on the main level) and we'll hear something fall. We all just kind of laugh and think, 'well… Martha doesn't like our display today!'"

Martha Crawford was a widow who came to Dixboro in 1835. Crawford became engaged to her sister Ann's brother-in-law, John Mullholland, shortly after. But John had a dark secret, one still not revealed to this day, though the residents of Dixboro have their suspicions. This secret may have driven Martha to the grave.

Upon discovering that John was not all he had appeared to be, Martha decided to terminate the engagement. John's brother, James, warned Martha that if she and John did not wed, she wouldn't "make it back home alive."

The wedding commenced, but Martha's new husband, John, and her sister, Ann, died not long after. In the months to follow, Martha began to exhibit the same symptoms that had killed Ann. In the midst of her decline, James and Martha began to squabble over John's will. James took advantage of Martha's health and had her deemed to be incompetent, which drove a suicidal Martha to the University of Michigan, where she begged a doctor to bleed her to death. When they wouldn't comply, she became hysterical, dying not soon after of what the doctors declared "ill-health."

On the property of the Dixboro Convenience Store is a circle of dirt where the grass doesn't grow. Local legend says that spot used to be a well, and that well may have been connected to John Mulholland's secret.

Locals believe John murdered a local peddler who was staying at the Dixboro home and dumped him in the well, which was filled in not long after the peddler went missing. In the years to follow, Martha's body was exhumed after people began seeing her ghost around the property, and a new examination deemed that Martha had been poisoned. It's impossible to say for certain whether it was James, eager to take the land he felt he was owed, who took Martha's life, but Ann Arbor residents still claim to see Martha, holding a lantern, passing by the windows of the Dixboro store at night.

"Do I believe what happened here in the past?" says Brenda Dani, 49, owner of the Dixboro Convenience Store. "Sure. But I'm not sure it's haunted."

Says Weber, "No one that works here has seen a ghost. No one has seen an apparition. There's not a woman dressed in 1800s attire kind of floating around here. That being said, I occasionally talk to Martha, because (if she does exist) I'd rather have her as my friend."

But friends come in all shapes and sizes. Just ask Al Dyer Jr., 48, the former museum director of the Ypsilanti Firehouse Museum. When the museum was a functioning firehouse, the hayloft in the building caught fire twice: once in 1919 and again in 1921. Today, people visiting the museum have told stories of strange occurrences in the building.

In the firehouse, mannequins peek out from vintage fire trucks, creating an eerie feeling of being watched. When I was conducting interviews, a children's coin-

But John had a dark secret, one still not revealed to this day, though the residents of Dixboro have their suspicions.

On the property of the Dixboro Convenience Store is a circle of dirt where the grass doesn't grow. Local legend says that spot used to be a well, and that well may have been connected to John Mulholland's secret.

operated firetruck ride began to flash and blink on its own. Disembodied footsteps popped and echoed around the decades-old red brick building.

"When I inherited this museum, there was a lot of speculation [about] who was haunting it. [The Firehouse is] supposed to have a resident ghost of the former fire chief, Alonzo Miller. When I got hired in [the rumor was] that Alonzo had died fighting a fire. Fortunately, Alonzo's relatives were able to reach out to us and send us his death certificate. It appears, based on that, that he went home for lunch, across the tracks, and never came back. He died at home."

That was around 1939. It was reported that around 1940, a few months later, firefighters at the fire station started seeing and hearing him around the premises. Alonzo isn't rumored to be a negative presence. His family claims that he was a big prankster, a trait that may have carried over with him to the next world.

"He liked to mess with people, play jokes, hide stuff, move stuff around on guys. Apparently, he's a friendly, funny, prankster ghost," Dyer says. "Other people that were in the museum while I was director, claimed to have felt a presence. One woman claimed that Alonzo actually left and went home with her for the night. He's a very jovial kind of spirit."

But it's not all fun and games at the Ypsilanti Firehouse Museum.

"From my understanding, there are multiple entities there. It was interesting listening to the different mediums (who were brought in to check the place for ghosts). Apparently, there are some angry spirits in the annex, might be because there was a big old house that was there, so who knows what happened there," Dyer says. "The firehouse museum consists of two different buildings. The original firehouse was built in 1898, and it was in service with the city of Ypsi until 1975. In 1975 or 1976, it went into private ownership. In 1998, it was purchased and turned into the Firehouse Museum. The collection rapidly outgrew the space available, so in 2002, an annex was built on, which was a newer building. Last November the museum celebrated its 20th anniversary."

"Supposedly, there is a spirit of a man who did die in the line of duty while fighting a fire in Ypsilanti," says Dyer. "I'm not a skeptic. But I'm also not… I'm not saying I'm an atheist, but I don't know what I believe. This is what I do know: the building is very old. It's built with heavy timber and a slate roof. Michigan has extreme variations in temperature. Things creak, and pop, and shift all the time."

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His family claims that he was a big prankster, a trait that may have carried over with him to the next world.

But ghost or no ghost, Dyer thinks the legend of Alonzo is good for business.

Taylor Mull, an employee at the Firehouse, adds that there is a strange feeling attached to the building. "Being alone at the museum gives me the creeps sometimes," says Mull, 25. "It can be unnerving, and when it's windy, the whole museum is breezy, which is commonly attributed to Alonzo."

But ghost or no ghost, Dyer thinks the legend of Alonzo is good for business. "It's a different aspect of the museum that you don't get at a lot of other museums. So I think as far as business goes, it's a great thing for the museum. It brings in a group of people who wouldn't regularly visit this specialty, niche museum.... This (legend) was here long before I was, and it was never tapped into. So it's good to bring a new demographic in of people who believe."

If you're interested in checking out more local haunts, visit michigansotherside.com, which blends local history with haunted locations. To visit the Ann Arbor Brewing Company, check them out on 114 East Washington Street, Ann Arbor, MI 48104, 11 a.m. – 12 a.m. To check out the Dixboro General Store, visit them at 5206 Plymouth Road, Ann Arbor, MI 48105, 10 a.m. – 6 p.m. To learn more about the Ypsilanti Firehouse Museum, come by 12 p.m. – 4 p.m. Thursday through Saturday, at 110 West Cross Street, Ypsilanti, MI 48197.

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Chant Music Reviews

By Sarah Newland

Prayers on the Wind cd
Native American and Silver Flutes by Dean Evenson and Peter Ali
Sound healing pioneer Dean Evenson teams up with flute virtuoso Peter Ali to create these stunning duets. They harmoniously blend silver flute and wooden flutes of different tribes and cultures. Delicate natural sounds of eagles, songbirds, and ocean waves enhance this compelling musical journey.
$15.98

Acoustic Women cd
By Various Putumayo Artists
A celebration of inspiring female singer-songwriters from around the world with a strong international emphasis.
$13.95

To the Heart cd
By Matthew Schoening and Nirinjan Kaur
This gentle kirtan cd is my new favorite chant music. This is music for light beings, for those who enjoy the inner journey, and for those who appreciate music that offers both complexity and enrichment. Schoening's electric cello compositions marry perfectly with Kaur's sweet vocals.
$17.99

Angelic Reiki cd
By Niall & Juliana
Combining the talents of Niall and the angelic, healing vocals of Juliana, this cd is deeply relaxing music and ideally timed for Reiki treatments. Niall works in a style that blends ethnic, world, and new age together and his music is uplifting and hauntingly beautiful.
$14.98

Healing Waters cd
By Govannen
Govannen combine the talents of four exceptional individuals who originally came together five years ago to celebrate Celtic music. Joined by acclaimed vocalist Vikki Clayton, this cd is an atmospheric, instrumental album of Celtic music inspired by the legends of Glastonbury's chalice well.
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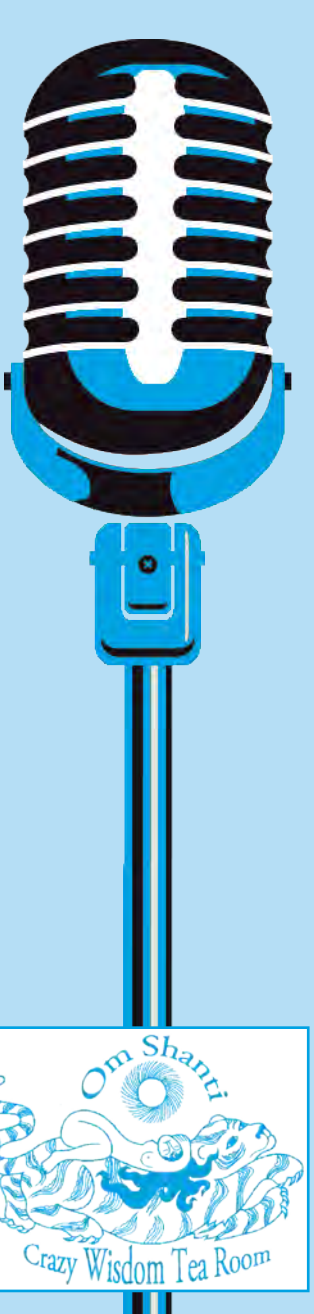


Crazy Wisdom Kids

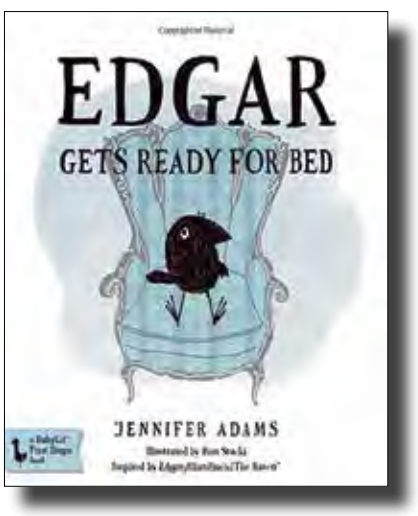
The Crazy Wisdom Kids Section

Book and Music Reviews – Great Kids Books and CDs available at Crazy Wisdom in our Children's Section

By Waldorf parent Sarah Newland

Relaxation Music for Children cd
By Llewellyn and Juliana
Calming, soothing music by Llewellyn accompanied by the soft, angelic voice of Juliana create the perfect environment for sleep, relaxation, and healing. This instrumental album is ideal bedtime music for sensitive children and babies.
$14.98

Edgar Gets Ready for Bed
By Jennifer Adams
A contrary little crow is loved by his mother in this sweet board book for the very young.
$9.99

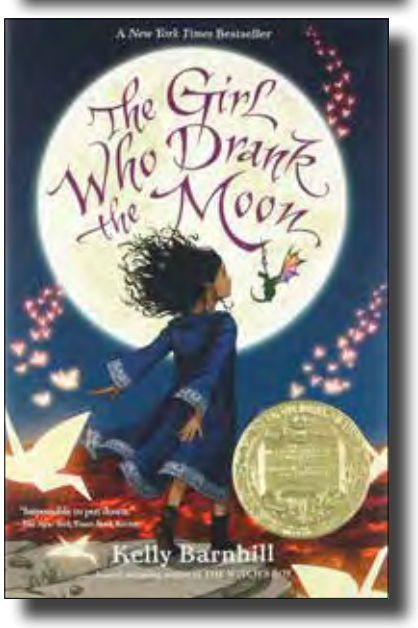


Fairyland Pictures & Poems
Lovely historical fairy drawings by Arthur Rackham and others accompanied by verse and poem. Any fairy lover would appreciate this die-cut title.
$10.95

I Love Birds! 52 Ways to Wonder, Wander & Explore Birds with Kids
By Jennifer Ward
It's time to share the joy of birds with the kids in your life. Activities, information, and rich resources will fuel discovery and inspire families. Children will forge a deeper understanding, appreciation, and stewardship toward nature, our planet, and all things feathery.
$21.95

Asian Children's Favorite Stories
By David Conger and others
Read seven fascinating folktales from China, Japan, Korea, India, the Philippines, Indonesia, and Thailand, with engaging watercolor illustrations.
$14.99

The Girl Who Drank the Moon
By Kelly Barnhill
Every year, the people of the Protectorate leave a baby as an offering to the witch in the forest, hoping their sacrifice keeps her from terrorizing their town. But the witch, Xan, is kind. She shares her home with a wise swamp monster and a perfectly tiny dragon. Xan rescues the children and delivers them on the other side of the forest, nourishing the babies with starlight on the journey. One year, she feeds a baby moonlight accidentally, filling the girls with extraordinary magic. She decides she must raise Luna on her own.
$17.95



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Conscious Parenting

Now or Later?

The Daily Dilemma of Childhood and Beyond

By Annie Zirkel, MA LPC

For children, as with adults, life is a series of choices. Do I clean my room now or keep playing this fun video game? Do I eat this chocolate cake now or keep working on losing those 10 pounds? Finding a balance between enjoying your now self and investing in your future self can be a constant challenge.

It takes strong willpower to say no to ten more minutes of texting friends or playing instead of going to bed. It also takes willpower to say no to ten more minutes of sleep when you are still tired and don't want to get up for school (or work). This is because immediate gratification has a serious edge over some possible vague reward that may, or may not, show up in the future, and only if you work for it. In other words, when working from our evolutionary default setting, *now* will beat *later* every time!

Because parents appreciate the value of investing in tomorrow, they spend a lot of time rooting for the future self underdog. They cheer for a good night's sleep, waking up on time, and eating a healthy breakfast. They champion good oral health, exercise, quality friends, truthfulness, clean rooms, good grades, and good stress management skills.

> Finding a balance between enjoying your now self and investing in your future self can be a constant challenge.

Any one of these tasks (and possibly most of them) could challenge your child to make the choice that will serve them best in the long run. But parents want children to obtain this skill ASAP—not only for their children's future selves, but for theirs as well. Knowing that our kids are making choices to benefit their future, lets us fantasize about our own parenting retirement someday. So how can we help facilitate this learning?

Given that babies are born as purely *now* beings, evolving a child's sense of, and relationship to, their future self is a process. Luckily, all cause-and-effect learning contributes to this evolution, so the seeds of this mindset develop naturally.

Clock time is artificial and not a good place to start teaching about the future self. However, as children grow parents can point out timeline connections by pairing words like after or before with an event. For example, *"After* you finish your lunch we can go to the park." Another word pair that is useful is when/then, as in "*When* you finish cleaning your room, *then* you can go have fun."

In addition, observations that point out positive current consequences as a result of past efforts can enhance past-present-future awareness while giving a nod to the message that effort and delayed gratification pay off. For example, you could say, "How nice to enjoy these muffins because we took the time to mix all the ingredients and bake them!"

> Given that babies are born as purely now beings, evolving a child's sense of, and relationship to, their future self is a process.

Of course if those tips were all it took to impart the wisdom of choosing effort, work, or stress right now so your future self could enjoy an easier, healthier, brighter, or more pleasant, next year or beyond, parenting would be easy right? So how can parents ease the ache of far off rewards? It starts with relationship. You may recall the story of Pavlov's Dogs—the experiment found that dogs would salivate to the ringing of a bell that had been previously paired with the presentation of food. When it comes to the future self experiment, parents and caregivers are usually the bell. Only it's not food, but disappointment or anxiety, that parents get paired with when they are the ones ringing the bell that signals to their child that it is time to stop playing their Xbox, or do their homework, or clean their room. Parents are the bell when they come between a child's carefree now self and their care-for, future self.

This bell phenomenon can increase resistance, hostility, and oppositional behavior toward the messenger. So being a *kind* bell helps. Try showing empathy and understanding for why a child would rather choose their now self goals. Empathizing with the dilemma of being asked to look past an immediate reward for some future reward can keep the conflict from sidetracking into a power struggle between parent and child.

Another way to address this is to work with your child on giving them some say over how and when they focus on future self choices within reasonable parameters. Just remember to hold them accountable with reasonable consequences if they fail to be good to their word.

> Observations that point out positive current consequences as a result of past efforts can enhance past-present-future awareness while giving a nod to the message that effort and delayed gratification pay off.

Finally, make sure your child hears that you believe them to be strong and capable. Give them a vote of confidence that you have faith in their ability to push through a task even if it doesn't thrill them or is challenging. Frame current tasks as challenges to accomplish or games to win, focusing on how good it feels to succeed. Remind them of past successes and how good that felt. Envision for them a future self who is grateful for beating that *now* craving.

Finally, and most importantly, don't always ring the future self bell! Parents need to keep their own need to prepare their children for every future challenge in check. Sometimes you can root for the *now* side. Surprise your children by sitting down to watch their favorite show or being interested in what they are doing. Our children and their *now* focus have lessons to teach us as well. Remember the wisdom of babies and practice being in the moment with your child rather than always five steps ahead.

> Frame current tasks as challenges to accomplish or games to win, focusing on how good it feels to succeed.

Blow their minds! As your child is enjoying a good test score or that warm muffin, see if they can follow this brilliance: When your past self was your present self it chose to help your future self. Now your present self, that was your future self, is enjoying the rewards of your past self who chose to put in the effort. Now you can say "thank you" and "you're welcome" to all of your selves.

And parents? Because your past self chose to read this article, your present self hopefully has some good ideas, so that as your children get better at this skill, your future self will thank you.

Annie Zirkel, MA LPC is a local Positive Parenting Consultant, author and presenter. You can contact her at annie@practicehow.com.

Need ideas for helping your child invest in their future self? Read Annie's blog on our website, www.crazywisdomjournal.com.

Happy, Healthy, Wealthy, Wise

KABBALAH FOR KIDS

By Karen Greenberg

"This [*Kabbalah* for Children and *Kabbalah* Pathworking and Soul's Purpose *Kabbalah*] is the most valuable investment that we have ever made in our son."
— Judy Sauer, Literacy Specialist, Novi Community School District

How could a *Kabbalistic* approach be the most valuable investment parents have ever made in their child? And why would it be important for a child to have *Kabbalah* in his or her awareness?

Kabbalah is an ancient system of creation and how creation works... We are receiving the secrets hidden in the Torah, or Old Testament, that teach us how to have a H2W2 (Happy, Healthy, Wealthy, Wise) life.

Kabbalah is an ancient system of creation and how creation works. No one is entirely certain about where *Kabbalah* came from, partly because it was passed down as an oral tradition for thousands of years. *Kabbalah* is a Hebrew word that translates into "receiving." We are receiving the secrets hidden in the *Torah*, or Old Testament, that teach us how to have a H2W2 (Happy, Healthy, Wealthy, Wise) life. The *Kabbalistic* system is actually the Unity energy of what is called the Tree of Life (from the Bible, as opposed to the Tree of Knowledge of Good and Evil and the Duality energy: pain and pleasure, sorrow and joy, war and peace). The energetic Tree of Life is laid out on our bodies. It has ten different spheres, each representing a different quality of God (G-D).

A *Kabbalistic* approach is such a valuable investment in children because it helps them reside in a more empowered version of themselves, rather than in disempowered parts. Today, bullying is off the charts—nearly one-third of all children are bullying others or being bullied, according to ABC News. Suicides are the third leading cause of death among young people, with upward of half of those as a result of cyber, emotional, verbal, physical, sexual, or social bullying (as reported by the CDC). Therefore, it is crucial that children learn to take their power back, for their own happiness and health. As the children learn about the ten qualities of G-D (like love, compassion, severity, understanding, and wisdom) in the Tree of Life, make them a part of themselves, and strive to display these qualities in as many of their interactions as possible, they become more G-D-like, and therefore much more powerful in materializing what they are attempting to create. Teaching children to live in the Tree of Life reality trains them to approach life as proactive co-creators of their dreams, goals, and purpose.

A Kabbalistic approach is such a valuable investment in children because it helps them reside in a more empowered version of themselves, rather than in disempowered parts.

In addition to bullying, another reason why today's children may have low self-esteem is because they feel that something is inherently wrong with them. In part, this may be because they have received diagnoses that end in the word "disability" or "disorder" (Learning Disability, Reading Disability, Attention Deficit Disorder, Attention Deficit Hyperactivity Disorder, Executive Functioning Disorder, Bipolar Disorder, Oppositional Defiant Disorder, Intermittent Explosive Disorder). But, what if they are not disabled, disordered, or dysfunctional? What if they are just different? What if their differences have been divinely coded to bring about a change of age that is now underway?

Clair-Ascension®'s approach to *Kabbalah* recognizes the Divinity in each child. Every child is created and equipped with exactly what that child needs to carry out his or her soul's purpose. For example, if that child's purpose includes revamping the entire educational system so that it will better meet the younger generation's needs, then personally experiencing difficulty focusing or organizing or processing might prove to be essential to reconfiguring the entire educational system. Perhaps this is similar to someone who is born with Spina Bifida who grows up to become the chief pediatric surgeon operating from a seated position on children with Spina Bifida.
The younger generation is wired to reveal problems, and eventually help create solutions, not only in their school system, but in government, the judicial and political system, the economic system, organized religion, their parent's marriage, their partner, and their siblings. In H2W2 - K4K (Kabbalah for Kids), we help the children find, then we encourage, support, and nurture, their soul's purpose.

If the younger generation receives homework assignments that they think are irrelevant to their life, one cannot just tell them that they have to do it anyway in order to get good grades, to get into a good college, to procure a good job, to earn a decent living, and to live in a safe neighborhood. They do not care. If they consider a homework assignment a waste of their time, they refuse to do it. However, once their soul's purpose is identified, parents and teachers do not need to motivate them at all. Their motivation is intrinsic.

Teaching children to live in the Tree of Life reality trains them to approach life as proactive, co-creators of their dreams, goals, and purpose.

Even though it is good to question, sometimes some young people can cross the line and behave inappropriately, perhaps swearing at their parents or speaking very disrespectfully to authority figures. In Kabbalah for Kids, we develop a respectful, healthy one-on-one bond with each child, modeling in class and out, respectful behavior in all their relationships.

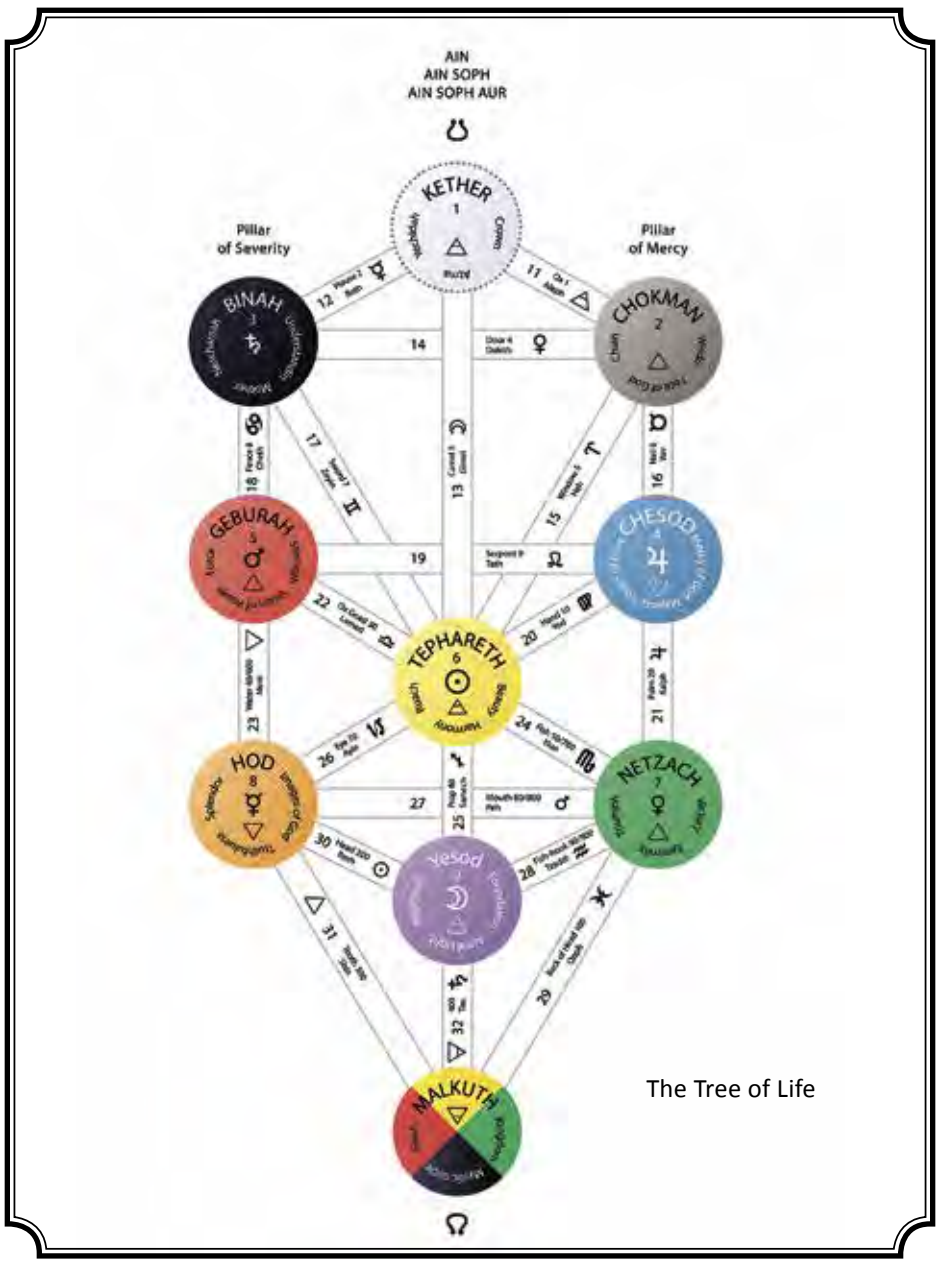
Happy, Healthy, Wealthy, Wise - *Kabbalah* for Kids is also a multi-sensory approach that allows them to *move*, to integrate the energy of the different qualities of the Tree of Life into their bodies. We use color, quizzes, questionnaires (before and after their experience), and an ascension journey to help these children organize themselves, and their time, their papers, their room, to help them create balance in their life, to acquire healthy eating, sleeping, and exercise habits, to navigate comfortably through their low-vibrational emotions (including forgiving), to repattern their limiting beliefs, to discover their genius so that they are eager to do their work, rather than parents needing to nag. We help them with relationships and friendships, and how to have enough self-respect to set healthy boundaries and use discernment with others who may be disrespecting them, making fun of them, teasing them, and even bullying them. We assist them in connecting with

the Spiritual Realm, G-D, their Higher Selves, Archangels, and Angels. We aid them in being aware that they are a spirit in a body, and as such, have a spiritual calling, a purpose, a mission, a destiny. We help them in their Divine Original Vibration Embodiment (the purity of who they were originally, before any wounding), so that they not only connect to, but embrace their authentic self, who G-D created them to be, and what G-D created them to do. We foster their living in the flow of life, at a place of inner peace, joy, and love.

Happy, Healthy, Wealthy, Wise - Kabbalah for Kids is also a multi-sensory approach that allows them to move, to integrate the energy of the different qualities of the Tree of Life into their bodies.

Traditionally, *Kabbalah* was taught only to scholars of the *Torah*—Old Testament, and other holy books, who were married males over forty. How exciting to bring an introduction to *Kabbalah* geared toward fifth graders and up!

Karen Greenberg, the owner of Clair-Ascension®, offers classes and private sessions in H2W2 - K4K (Happy, Healthy, Wealthy, Wise - Kabbalah for Kids). Please visit the website clair-ascension.com or contact Karen at krngrnbg@gmail.com with questions or for further information.



The Tree of Life

The Ann Arbor Civic Theatre Children's Program Presents:

To Find A Wonder

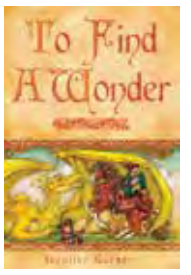
a squire's adventure to knighthood

When Mortimer demands to prove his knight-worthiness he is charged with an impossible task—to find a wonder. With the help of his faithful mare, a scatterbrained wizard, a frog prince, and a very special vegetable, Mortimer creates his own wonder—the first dragon to ever breathe fire! How much could one fire-breathing creature cause anyway? Come find out in this humorous and heartwarming family show!

November 8-10, 2019

at Scarlett Middle School
3300 Lorraine St, Ann Arbor, MI 48108
Adult tickets $10, children $8

Tickets can be purchased online at: a2ct.org



Book available at Crazy Wisdom!

A2CT ANN ARBOR CIVIC THEATRE

Fairy Teas at Crazy Wisdom Tea Room

Autumn Tea

Thursday, Oct. 24, 1 p.m. and 4 p.m.

(Tickets go on sale 9-24-19)

Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room.

Tickets are $12/person.
All children must be accompanied by an adult who has purchased a ticket.
Free for babies 18 months and younger.

Tickets available online at crazywisdom.net prior to the event. For more information, contact Stevie at info@crazywisdom.net.

Crazy Wisdom's Newsletter Sign up!

Stay Informed!

If you want to know what's going on in the body, mind & spirit community in Ann Arbor and the surrounding areas, sign up on our Email List!

You will get our Weekly E-newsletter which features coupons, news about sales and new products, and information about store events and music nights.

You will also receive emails, through us, from organizations, centers and groups that sponsor the kinds of events, classes and programs that you care about.

To subscribe, go to www.crazywisdom.net.
Or scan the QR code on the right.

We will not share or sell your email address. SafeUnsubscribe™

Crazy Wisdom Kids in the Community

Kid-Friendly Animal Rescues of Ann Arbor

By Laura K. Cowan

I was on a walk with my bulldog puppy, Enzo, who had just flopped on his stomach because I wouldn't let him drink out of a swamp. It reminded me that most animals, like children, always have felt comfortable being themselves around me. Even if that means giving me attitude.

Empathy for animals runs deep somewhere in my makeup. People constantly apologize for their dogs' enthusiasm around me, or remark that shy animals often feel comfortable in my presence. When I was a child, I often brought home injured animals to be helped; a vole that had expired of heat exhaustion on the sidewalk; a mouse that had nothing wrong with it at all, but that we wanted to feed as a pet for a few days. That may have been misguided, but it's not unusual for kids to want to help or to get closer to the animals around them to see how they live.

I know I'm not the only one who has had to learn how to care for animals and who deeply enjoys their company. A natural affinity with animals since childhood is what led me to become a trained animal whisperer and animal Reiki specialist in addition to being a journalist. It's often hard to tell where a love of animals will take a child, but these days there are some amazing programs out there to test the waters, whether a kid is interested in learning the basics of animal encounters, adopting a new family member, or becoming a veterinarian, animal trainer, or therapist.

When I was a child, I often brought home injured animals to be helped...

Today, organized animal rescues do more of the work humans used to take on and are raising awareness of the needs of animals. (Pretty sure that mouse didn't need to be kept in a bucket and fed hotdogs for three days. Oops.) There are some things you should know before visiting a conservancy or volunteering. Kids are sometimes welcome at rescue organizations, sometimes not, and there are a variety of ways to help out you might not know about. The rules of children's involvement vary widely, mostly for the safety of the animals. I rounded up some kid-friendly animal programs in Washtenaw County to find out what's out there right now, and how you can get your kids involved for the benefit of everyone.

Huron Valley Humane Society

The Huron Valley Humane Society (hshv.org) has an enormous list of kids programs these days. From Tiny Lions Cafe "mewvie nights" and hatha yoga classes where kids can stretch alongside cats, to the yearly Munster Mash Bash at Halloween with trick-or-treating around the shelter on Cherry Hill Road in northeast Ann Arbor, there really is something for everyone. This year they are sponsoring the inaugural Humane Youth Award (www.hshv.org/hya), in which anyone can nominate a young person ages 12–17 who made a positive impact on the lives of animals.

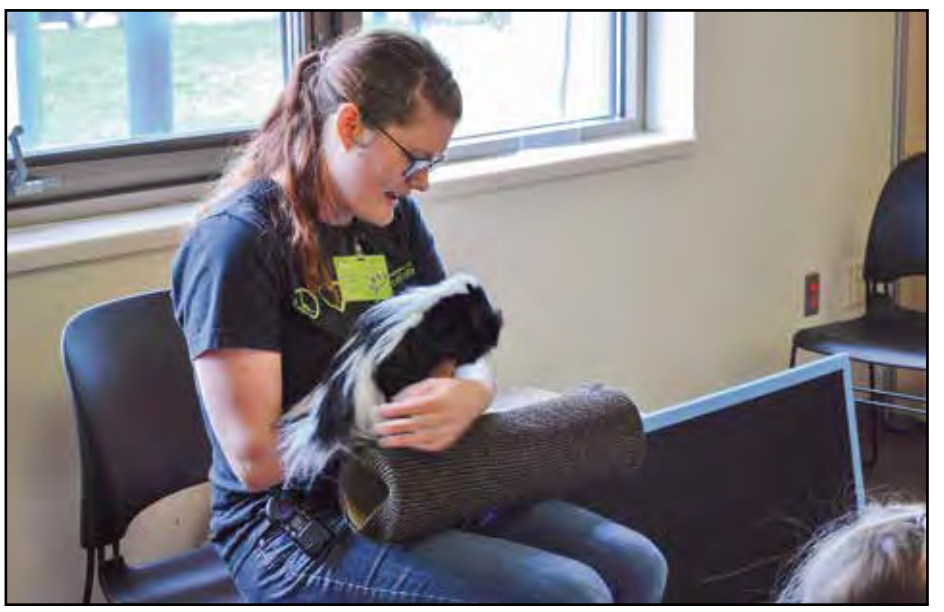
The Huron Valley Humane Society has an enormous list of kids programs these days.

Wendy Welch, Director of Communications at the Humane Society of Huron Valley (HSHV), told us that the shelter's popular youth volunteer program "sells out" within minutes of being posted. The Junior Volunteers learn about animal welfare and

get hands-on experience caring for homeless animals over six two-hour sessions. Kids must be age 12 by the time of online enrollment. There is a fee to attend, with scholarships available.

There are programs for much younger kids as well. I attended the HSHV Little Paws Storytime, which takes place monthly on a Thursday from 10:30–11:30 a.m. at the shelter building in one of their classrooms. The preschoolers entered for an early kinetic sand playtime with barnyard animal figures. Then they sat down for story time. Group leader Erin started with a song to the tune of "Twinkle Twinkle Little Star." After the story book, she brought out her riddle board and placed an image of a dog on the board.

"Where do dogs live?" she asked the kids. "In a tree? In a hole?"
"In a house!" a little boy shouted.
"Right. Where does a dog sleep?" she continued.
"In a crate!"
She paused. "But what do you put in a crate?"
"A dog!"



The other volunteers Shelley and Shanti chuckled while cleaning up the play table. "I used to volunteer with puppies and kittens," Shanti whispered to me, "and now I'm volunteering with little humans."

"Do dogs go to the doctor?" Erin continued.
"No, they go to the vet!"

The group of children moved on to the shelter area to visit the cats and kittens. Abby Wilfong, who runs the retail shop at the shelter, stopped to explain to me how children are involved in the adoption process when they come here to adopt a pet. "We try to involve children, because it's a family decision," she said.

"The goal is to have everything here newly adopted animals need to thrive in their new home," she said. Leashes, bowls, toys, all at what Wilfong said are competitive prices, so new pet parents can get everything in one place to make a new pet comfortable right away. "The proceeds go back to animals in our care," she said.

Wilfong said the goal is to support animals staying in their new home. If a family comes through the Humane Society shelter, they can get a 3-month pass so there is no pressure to go home with an animal before they know it's the right fit. At several points HSHV works with families to determine if the adoption is a good match, and for those that already have pets at home, they host pet-to-pet supervised introductions to make sure all animals will get along.

At the front desk, an adoption specialist can provide information about an animal that goes beyond their age and personality listed on their enclosure nametag. Then families can visit the store and an adoption counselor to learn about the specific needs of the animal they're interested in. Finally, it's back to the front desk to sign a contract. The process can take less than an hour in some cases, and costs vary but are listed on enclosure cards so there are no surprises.

Alison Balow, the adoption manager, told me, "You can feel free to come in and browse. If you have an animal you're interested in, we encourage you to spend time with them, with all family members. Kids are an integral part of the adoption process."

… if you're looking to adopt a dog, the family can come in and walk a dog to get to know him or her.

And, according to Balow, if you're looking to adopt a dog, the family can come in and walk a dog to get to know him or her.

Henry, an 11-month-old docile white pitbull with a brown ear, was greeting the children when I got back to the classroom for the end of Storytime. Class leader Erin told me the dogs can repeat month to month if they're friendly with little kids and haven't been adopted, but often interacting with the kids in the class is enough to get them adopted out. I'm sure Henry will have found his forever home by the time you're reading this. I hope so. The Storytime was fun for the littlest kids, and a great way to introduce them to animals around the shelter. It got me thinking. How do sanctuaries and rescues set rules so even the littlest kids can participate without bothering the animals?

At SASHA Farms, kids are allowed to raise money for an animal with their school class and then visit. It's a great learning opportunity for kids wanting to understand an animal's daily needs and how much it costs to help take care of them.

It is a beautiful time to be outdoors!
Come Join Us
With programs for Adults, Children, & Families, there is a program for everyone at Leslie Science & Nature Center!
Nature Preschool programs
Animal Haunts: a non-scary Halloween event
Parents' Night Out
School Break Camps
See our website for additional programs, details & registration
Creating moments of discovery for 33 years, through:
Birthday parties • Preschool programs • Scout programs
School break and summer camps
School field trip and outreach programs,
family programs & more!
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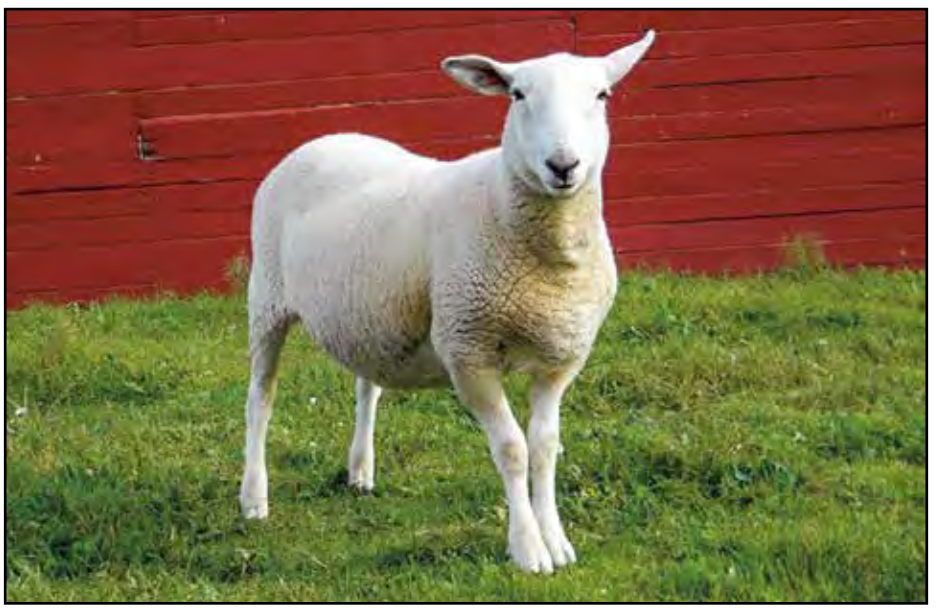

Etiquette For Animal Conservancies

SASHA Farms

Dorothy, the woman who runs SASHA Farms, which stands for sanctuary and safe haven for animals, west of Ann Arbor, told us that sometimes parents want their older kids to volunteer at a rescue as a form of free summer daycare. She said, for this reason, they don't have a lot of kids' programs, and require parents to sign a permission form for kids 16–18 to volunteer. "It's important for kids to remember that these animals are often rescued from abusive or neglectful situations," she said. However, in the case of SASHA Farms, kids are allowed to raise money for an animal with their school class and then visit. It's a great learning opportunity for kids wanting to understand an animal's daily needs and how much it costs to help take care of them. Like most sanctuaries, there are also opportunities to donate and sponsor a specific animal. For more information, visit www.sashafarm.org.

Howell Nature Center

Sometimes, nature programs from around Washtenaw County come to Ann Arbor to introduce kids to programs through street festivals. I met Stephanie Bussema, of the Howell Nature Center northwest of Ann Arbor (www.howellnaturecenter.org),

Continued on page 96

Crazy Wisdom Kids in the Community

Continued from page 95

Howell Nature Center, located in Livingston County on 230 acres, has trails, cabins, an animal education zoo, and great outdoor ed camps and field trip opportunities for kids.

outside the Y.M.C.A. at a street festival in early June. Located in Livingston County on 230 acres, her center has trails, cabins, an animal education zoo, and great outdoor ed camps and field trip opportunities for kids.

Tabling at the Y, Bussema's job that day included informing the public about the laws in place to protect animals—ones you might not expect. As she was introducing kids to the rescue birds—an owl, a kestrel, and a turkey vulture named Igor—Bussema told me that laws prohibit collecting eagle feathers, as well as almost every bird's feathers, in North America.

"In 1918," Bussema said, "they put in place this law called the Migratory Bird Treaty Act in North America. Some birds were heading for extinction because people were killing them to use their feathers in their clothing and jewelry."

The turkey vulture behind Bussema turned to look at me. As I pointed my camera at him, he looked away. "Oh, he does that," Bussema laughed. "As soon as you go to take his picture he fluffs his feathers and won't look at you."

She continued, "They passed this law that protects any migratory bird, which is almost all of them in North America. You can't have any part of any bird, even egg shells… That is still in force today. Having a feather from most of the birds who appear in North America is illegal."

Lisa, a woman visiting the booth the same time as me, asked if the rules applied to her as an Ojibwe tribal member, because she is exempt from the rules banning owning eagle feathers.

"You still need a permit," Bussema explained, and laid out a complex process. Even if the feather falls in your yard? Yes, because there is no way to verify how you collected a feather. This is a tough one for me, because birds drop exquisite rare feathers in my yard all the time. Do with it what you will, but at the very least, it's worth remembering that children shouldn't chase birds for feathers or ever harm an animal for a souvenir.

The Howell Nature Center is a bit of a hike outside Ann Arbor, but it's well worth an afternoon trip, including hiking trails, camps, a small water park and treehouse, and more. Visit them at 1005 Triangle Lake Rd, Howell, MI 48843, or online at howellnaturecenter.org.

The Creature Conservancy

The Creature Conservancy south of Ann Arbor (www.thecreatureconservancy.org) takes care of unique animals including an alligator, a bald eagle, sloths, porcupines, and even a panther. It's a fantastic weekend visit or field trip for kids and has indoor and outdoor exhibits for rain or shine. They also run a Zoo Camp for longer stays for grades first through third. This is probably the easiest conservancy to drop in on. You can also enquire about volunteer, intern, and Teen Zoo Crew opportunities by emailing staffing@thecreatureconservancy.org. Visit their website for scheduling information and programs that vary over time at thecreatureconservancy.org.

Skills That Last a Lifetime

The Reptile Zoo that was so popular several years ago for kids' field trips, I'm sorry to say, has closed due to lack of funding, and that's something worth mentioning as well. Many of these rescues—the rabbit rescue (www.rabbitsanctuary.org), and the bird rescue (www.birdcenterwashtenaw.org/new)—operate on shoestring budgets and could use all the support they can get. Most rescues and conservancies will allow you to donate to their operations, and a class fundraiser could be a fun way to get kids involved in learning about what animals need to live a healthy life from food to shelter to socialization.

One of the coolest things about getting kids around animals is that they can learn all kinds of skills about how to tailor their interactions with animals to the situation. You don't reach out your hand to a bull in a pen. You should approach any cat carefully to see if it's open to being petted. Dogs don't like direct eye contact if they are feeling threatened. These skills, and the bonds formed between animals and kids, can last a lifetime.

The Creature Conservancy, south of Ann Arbor, takes care of unique animals including an alligator, a bald eagle, sloths, porcupines, and even a panther.

That might fall under the heading of oops on proper safe animal interactions, but that dog looked for my guinea pig in the yard for years on his daily walk after that first meeting...

I had a guinea pig as a child named Peanut who lived such a long and healthy life her fur started to turn gray. I used to clean her cage in the front yard on the weekends while she ate grass. One day, a neighbor's terrier rushed into the yard, to my dismay. I hurried over to protect Peanut, only to find the dog licking her straight up her snout. She loved him right back. She wasn't afraid at all. She sniffed him and stood right by him until his owner took him away. That might fall under the heading of oops on proper safe animal interactions, but that dog looked for my guinea pig in the yard for years on his daily walk after that first meeting, and Peanut looked for the terrier, too. I feel the same way about a lot of the animals I've met, not to mention the cool kids who love them. Have fun out there, and send us your photos of cool animal sanctuary visits at cwkidscolumn@gmail.com.

Laura K. Cowan is a green tech and wellness journalist living in Ann Arbor. She is the co-founder and executive editor of Cronicle Press Tech News and a contributing writer and columnist for The Ann Arbor Observer and Crazy Wisdom Community Journal. You can contact her at laurakcowan@gmail.com.

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the January through April issue is November 1st, 2019.

Come experience the
8th Annual
Taste of Health
Let Food Transform How You Feel!
Saturday September 14th
@ Grass Lake Sanctuary
18580 Grass Lake Road, Manchester 48158
11am-4pm
- Taste & discover gourmet plant-based recipes
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All proceeds benefit Grass Lake Sanctuary
Register Online (tickets are limited):
$30 before Aug 15th // $40 after Aug 15th
For more info visit: www.tasteofhealthgls.org

CRAZY WISDOM KIDS

An ongoing section of
The Crazy Wisdom Community Journal

Articles, calendar listings, advertisements, music and book reviews, and other features… focused on raising conscious and spirited kids…

Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

The Crazy Wisdom Community Journal

Events Calendar for Kids • September through December 2019

New, Fun, and Just Plain Cool Things to do!

Our Calendar Editor's Picks of cool things to do!

StoryFest: Family Fun Concert with the Ann Arbor Storytellers' Guild • Sunday, Oct. 13, 2-3 p.m.

Monarch Migration Festival with the Leslie Science and Nature Center and the Hands-On Museum • Sunday, Sept. 8, 1-3:30 p.m.

Hallowe'en at Greenfield Village • Oct. 11-13, 17-20, 24-27, 6:30-10 p.m.

YpsiGLOW • Friday, Oct. 26, 7-10 p.m.

A Christmas Carol • Thursday-Sunday, Dec. 5, 6, 7, 8

The Little Scientists Club at the Ann Arbor Hands on Museum • Tuesdays, 9:30 a.m. and Saturdays, 10:30 a.m.

Tea with the Fairies at Crazy Wisdom • Thursday, Oct. 24, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. $12. Contact Stevie at stevie@crazywisdom.net.

Happy, Healthy, Wealthy, Wise - Kabbalah for Kids with Karen Greenberg • Monthly on Sunday, Sept. 15, Oct. 13, Nov. 10, Dec. 15, 1-3 p.m. • Utilizing multi-sensory input and experiential learning, we build self-esteem of awake and spiritually evolved children. We aid in integrating organizational skills, in navigating through low-vibrational emotions, and in discovering and fostering the children's genius, so that they can fulfill their mission of installing a healthy, interdependent, functional planet for the prophecy of the "Thousand Years of Peace". $50/session. Contact Karen at 734-417-9511; krngrnbg@gmail.com or clair-ascension.com.

Fireside Fun - A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sunday, Sept. 22, 6:30-8 p.m. • There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows, and swapping stories. One Sunday a month, we'll be stoking the fires here at LSNC. Bring your family, friends, camp chairs, outdoor games, and s'mores fixings. We'll provide a blazing campfire and plenty of marshmallows. This event is rain or shine (except thunderstorms), so come dressed for the weather. Free. Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

StoryFest: Family Fun Concert with the Ann Arbor Storytellers' Guild • Sunday, Oct. 13, 2-3 p.m. • A Family Storytelling concert for kids four and older. Bring the family for stories to tickle your heart and make you smile. Free. Contact Beverly at 665-4312, bevblack@umich.edu or annarborstorytelling.org.

Nature Storytime with Leslie Science and Nature Center • Most Wednesdays, 10-11 a.m. • Explore and appreciate the outdoors with activities such as live animal visits, hikes, stories, and hands-on activities. Each session includes indoor and outdoor activities. Aimed at children two-five years old. $5/child, non-members, $4/members, adults free. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Monarch Migration Festival with the Leslie Science and Nature Center and the Hands-On Museum • Sunday, Sept. 8, 1-3:30 p.m. • Every year, waves of monarch butterflies migrate over mountains, forests, and deserts in the United States to reach their wintering grounds in Mexico. Join LSNC in a celebration of the monarch butterfly's migration, and help contribute to conservation efforts for monarchs by engaging in a variety of butterfly-related activities. Learn about the challenging journey monarchs take every year, have your face painted, and meet local experts and vendors support butterfly conservation efforts. $5. Registration required by Sept. 6. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Critters Up Close with the Ann Arbor Hands-On Museum • Saturdays, Sept. 15, Oct. 12, Nov. 9, Dec. 14, 10 a.m. - 4 p.m. and Sundays, Sept. 13, Oct. 13, Nov. 10, Dec. 15, • Every month, Ann Arbor Hands-On Museum visitors get up close and personal with some of our favorite critters from the natural world. Contact the museum at 995-5439 or aahom.org.

Pop-Up Makerspace with the Hands-On Museum • Saturdays, Sept. 21, Oct. 19, Nov. 16, Dec. 21, 10 a.m. and Sundays, Sept. 22, Oct. 20, Nov. 17, Dec. 22, 12 p.m. • Design - Build - Test! Discover your inner engineer in our Pop-Up Makerspace. Contact the museum at 995-5439 or aahom.org.

Storytime at the UM Museum of Art • Saturday, Sept. 21, 11:15 a.m. - 12 p.m. • Storytime at the Museum promotes art enjoyment for our youngest patrons. We read a story in the galleries and include a fun, age-appropriate, hands-on activity related to it. Parents must accompany children. Siblings are welcome to join the group. Meet in front of the UMMA Store. Contact UMMA at umma.umich.edu/events.

Raptor Feeding with the Leslie Science and Nature Center • Saturdays, Sept. 21, Oct. 26, 4-5 p.m. • Join LSNC raptor staff for feeding time for the birds. During this hour, watch staff prepare and give scrumptious raptor food — and yes, that does mean dead mice and rats! — to the birds housed on our site, including wild owls, hawks, and eagles. This is a great time to see the birds doing their most natural behavior…eating. This will also be an opportunity to touch feathers, see a hawk or owl pellet, and discover more about bird anatomy. Come join our raptor staff, and ask questions regarding the birds and other ways you can learn more about them. No registration is required. Free. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org.

Haunted Hayrides • Sunday, Oct. 6, 11 a.m.-3 p.m. • Round up the family, and take a hayride through the beautiful Pittsfield Preserve then enjoy a drink and s'mores by the campfire. Preregistration required by October 1. Contact Pittsfield Parks and Recreation at 822-2120 or pittsfield-mi.gov/Calendar.

Hallowe'en at Greenfield Village • Oct. 11-13, 17-20, 24-27, 6:30-10 p.m. • What is the most enchantingly thrilling Hallowe'en adventure of all time? The story you create in Greenfield Village through magical encounters with show-stopping storybook characters along a path lit by over 1,000 hand-carved jack-o'-lanterns. Throughout your evening, comfort yourself with warm apple cider and fresh doughnuts, then stop for a photo opportunity at your favorite scene. The torches are lit, bells are tolling, skeletons are dancing and pumpkins are singing — all to make this the most stirring night of the year. $14.50/members. $17/non-members. Contact the Henry Ford at (313) 982-6001 or thehenryford.org/current-events/calendar/halloween-in-greenfield-village/.

Not Just for Kids Performances with the Michigan Theater • Sundays, Oct. 13, Dec. 8, 3 p.m. • In October: Hop on the Magic School Bus for a ride in this new musical adaptation based on the original book series published by Scholastic! When the class gets lost on the way to the planetarium, Ms. Frizzle saves the day by blasting into outer space for an epic interplanetary field trip! But when rivalries both old and new threaten to tear the students apart, our young heroes must learn to pull together or risk getting forever lost in the solar system. In December: Sing along with Disney's beguiling animated romp, about a rebellious 16-year-old mermaid Ariel (Jodi Benson) who is fascinated with life on land. On one of her visits to the surface, which are forbidden by her controlling father, King Triton, she falls for a human prince. Determined to be with her new love, Ariel makes a dangerous deal with the sea witch Ursula (Pat Carroll) to become human for three days. But when plans go awry for the star-crossed lovers, the king must make the ultimate sacrifice for his daughter. Contact the Michigan Theater at michtheater.org/njfk/.

Strega Nona and the Magic Pot • Thursday, Friday, and Saturday, Oct. 24, 25, 26 • Strega Nona is a story that will satisfy your appetite for laughter and fun. Strega Nona has a magical pasta pot which only she can control. Come see what silliness ensues when Big Anthony does not listen to her, causing the streets of their small village to fill with pasta. Nationally renowned artist Chris Roberts-Antieau designed the sets, costumes and props for this not-to-be missed production. Contact Wild Swan at 995-0530 or http://wildswantheater.org/on-stage-2019-2020/.

YpsiGLOW • Friday, Oct. 26, 7-10 p.m. • Downtown Ypsilanti will glow bright with hundreds of community and artist creations, for a night of dancing, DJ's raised into the air, interactive art activities, black-lit stations, street performances, glowing window displays, and more. Contact at wonderfoolproductions@gmail.com or wonderfoolproductions.org/ypsiglow/.

Halloween Treat Parade in Ann Arbor • Thursday, Oct. 31, 11 a.m.-5 p.m. • The Main Street Area Association will hold their 18th annual Halloween Treat Parade on Halloween from 11 a.m.-5 p.m. Stop by participating businesses to trick or treat (the list of businesses will be added to the Main Street Area Association's website). Before the Halloween Treat Parade starts, the Downtown Branch of the Ann Arbor District Library typically holds a Halloween Party. Contact the Main Street Association at https://mainstreetannarbor.org/main-st-area-events.

Ann Arbor Turkey Trot • Thursday, Nov. 28 • Get into the holiday spirit before your Thanksgiving feast; run, walk or crawl with the whole family. Strollers are welcome but please leave your four legged friends at home. The Tot Trot 1K is perfect for the little ones (ages 10 & under), and the 5K is fun for the whole family. Hot chocolate at the finish line, pictures with Santa and Turkey Tom, a fun course and a fun afterparty. The Ann Arbor Thanksgiving Day Turkey Trot is proud to be supporting the ChadTough Foundation this year! A portion of all entry fees will go to the ChadTough Foundation and you are also able to make additional donations with your race registration. Contact the Main Street Association at https://mainstreetannarbor.org/main-st-area-events.

Howell Fantasy of Lights • Friday, Nov. 29, 7 p.m. • Don't miss this traditional start of the Holiday Season in the Howell area. This spectacular nighttime parade includes dozens of illuminated floats, marching bands, and Santa Claus. Contact Michelle at mtokan@howell.org or howell.org/fantasy-of-lights/.

A Christmas Carol • Thursday-Sunday, Dec. 5, 6, 7, 8 • Based on the novel by Charles Dickens, Wild Swan's version of this wonderful holiday classic has been especially created for family audiences. A Christmas Carol tells of the astonishing transformation of miserly old Ebeneezer Scrooge after he is visited by three spirits on the night before Christmas. Contact Wild Swan at 995-0530 or http://wildswantheater.org/on-stage-2019-2020/.

Saline Christmas Parade • Saturday, Dec. 7, 5:30-9 p.m. • The 43rd Annual Christmas Parade has lots of lights, music & entertainment including a visit by Santa! People from all over the area line the streets of downtown Saline for this holiday favorite. With more than 100 parade participants from animals, dancers & musicians, and even a hot air balloon, there is something there for you to enjoy. Free. Contact salinechamber.org/events/details/christmas-parade-12-07-2019-1387.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • This class invites kids to learn about themselves and introduces them to skills that can bring a lifetime of happiness. It covers the slow tai chi form, playful pushing hands, and meditation techniques to use at home or school. Open to children ages 5-17. $21/drop-in or $70/month. Contact Joseph at 531-8796; info@sunshen.org or sunshen.org.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals — proceeds help the homeless animals in our community. Ages 12+. $10. Tenth class is free. Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org.

Ann Arbor Forest School Weekly Open House with Tara Habeck • Tuesdays, 9:30-10:30 a.m. • Join us at the Medford Pavilion of the County Farm Park for our morning circle time. We will sing songs, share gratitudes, and explore the beauty of our natural surroundings with a short wander. This weekly Open House is a great opportunity for families of young children who are considering their preschool options to get to know our school culture, be immersed in nature, and ask questions of the teachers. Free. Contact Tara at 546-3551; tara@annarborforestschool.com or annarborforestschool.com.

The Little Scientists Club at the Ann Arbor Hands on Museum • Tuesdays, 9:30 a.m. and Saturdays, 10:30 a.m. • Encourage your child's natural drive for discovery through our Little Scientist Club. Our youngest visitors will explore their sense of wonder about the world through observation and hands-on activities, science-themed stories, and much more. Older siblings are welcome, too. No registration necessary. Contact aahom.org/experience/event-calendar.

Little Paws Story Time with the Humane Society of Huron Valley • Thursdays beginning Sept. 12, 10:30-11:30 a.m. • If you have a toddler who loves animals, come have a pawsitively fun time with us at HSHV. Designed for children ages 2-5. $5/child. Up to two adults per child and children under one are free. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/storytime.

Pets and Pajamas with the Humane Society of Huron Valley • Fridays, 5-9 p.m. • Parents, enjoy a night out while your kids ages five-eleven enjoy some after-hours time at the Humane Society of Huron Valley. This parent drop-off event includes an animal themed movie, vegetarian dinner, popcorn, and time with the adoptable animals. $35/first child, $15/each sibling. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/kids.

Family MEWvie Night with Tiny Lions • Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. $10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Baby Playgroups at Ann Arbor District Library • Come to the library and hang out with other babies with 15 minutes of stories, rhymes, and songs followed by open playtime. Ages 0-2. Free. Contact AADL at 327-4200; aadl.org.
Downtown • Mondays, 10:30-11:30 a.m.
Malletts Creek • Tuesdays, 10-11 a.m.; Thursdays, 6:30-7:30 p.m.
Pittsfield • Wednesdays, 11 a.m.-12 p.m.
Traverwood • Fridays, 10:30-11:30 a.m.
Westgate • Thursdays, 2-3 p.m.

Dancing Babies at Ann Arbor District Library • Come to a program full of music and motion for babies, toddlers, and preschoolers up to age five. Free. Contact AADL at 327-4200; aadl.org.

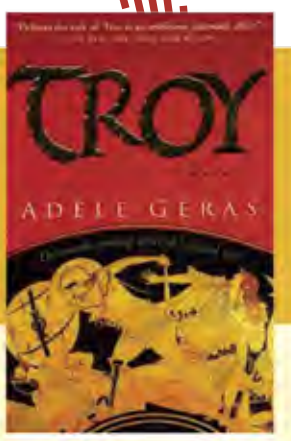
Preschool Storytimes at Ann Arbor District Library • Stories, music, and fun for kids ages 2-5. Siblings are welcome to attend. Free. Contact AADL at 327-4200; aadl.org.
Downtown • Tuesdays, 10-10:30 a.m.; Wednesdays, 11-11:30 a.m.
Malletts Creek • Wednesdays, 10-10:30 a.m.
Pittsfield • Thursdays, 7-7:30 p.m.; Fridays, 10-10:30 a.m.
Traverwood • Tuesdays, 11-11:30 a.m.; Wednesdays, 6-6:30 p.m.; Thursdays, 10-10:30 a.m.
Westgate • Mondays, 11-11:30 a.m.; Wednesdays, 1-1:30 p.m.; Fridays, 10-10:30 a.m.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Call 994-3620; a2amas.com.

New, Fun, and Just Plain Cool Things to do!
List your kid, tween, or teen events in the January through April 2020 issue of the CW Journal!
The deadline for submissions for the next issue is XXXX XX, 2019.

Join us for our 2019-2020 season!
DANCER'S EDGE
DANCER'S EDGE OFFERS A VARIETY OF COMPETITION AND RECREATIONAL CLASSES FOR AGES ONE-ADULT YEAR ROUND!
"Developing well-rounded dancers who are motivated, disciplined and learning in a fun environment!"
3115 BROAD ST.
DEXTER, MI 48130
(734) 424-2626
DEXTERSDANCERSEDGE@YAHOO.COM
WWW.DEXTERSDANCERSEDGE.COM

A New Spin On An Old Tale



By Alex Flint

Troy, the book by Adele Geras, is a literary work of genius that weaves the known story of the city of Troy around the time of the Trojan War with the less well known perspective of the common folk it affected. The retelling of this famous epic begins around ten years into the war and primarily focuses on two orphan sisters, Xanthe and Marpessa, as they struggle through the daily trials of living in this troubling time of gods, goddesses, and immense bloodshed.

Xanthe is a healer in the "blood room" and Marpessa is the assistant of Helen, the most beautiful woman on earth, whom Paris stole from Menalaus, which in turn incited the Trojan war. Marpessa also has the gift of being able to see the gods. The siblings are committed to each other until the goddess Aphrodite decides to stir things up by forcing both sisters to fall in love with the same wounded soldier, Alastor. Despite the fact that Xanthe is the one who nursed him back to health in the "blood room", he falls for the more soft spoken sister, Marpessa, even though his mother already prearranged a marriage between Alastor and a woman of higher standing.

While this love triangle puts a wedge between the sisters, the fight beyond the city walls between Hector, Paris, and Achilles rages, as told through some older servant's gossip, in a way very reminiscent to that of a greek chorus. Throughout the story, Greek gods such as Hermes, Zeus, Poseidon, and Athena, shift in and out of people's lives as if they were fragments of dreams.

Troy is just one of the many works that Geras has written that has amazed its audience. There are many others, one such being, *Ithaka,* a loose sequel. *Troy* in particular peaked my interest with its elaborate story full of twists and turns that hooked me from page one all the way to the end. When reading this exciting novel you are never quite sure what will end up happening to the beloved characters next because when you believe one thing will happen the author throws an astounding curve. *Troy* makes the reader learn to expect the unexpected and never follows a clear and distinct path, making it just that more enthralling to read.

Geras does a fantastic job of taking a well-known tale and making it entirely brand new to the reader, especially with her inclusion of the intricate relationships between the many characters. Being able to take a gruesome story such as that of the battle of Troy and twisting it in such a way as to be a romantic mystery wrapped in the enigma that is Greek mythology is breathtaking. Geras spins these well known stories of the battle of Troy and the aftermath, into amazingly in-depth takes from the distinctly different perspectives of the women involved.

Troy by Adele Geras is available for purchase in the Crazy Wisdom Bookstore in the young adult section, and is highly recommended for teen readers looking for a fresh take on a familiar and intriguing story.

Alex Flint is a 17-year-old highschool student in Tecumseh. He plays the violin in the school chamber orchestra as well as in the Adrian College Symphony. When not reading books from Crazy Wisdom, he enjoys spending time with friends online and playing with his black cat, Chula.

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
September through December 2019

Calendar Edited by Melanie Baldwin

Addiction and Recovery

Dawn Farm Education Series on Addiction and Recovery • Sept. 17, 24; Oct. 15, 22, 29; Nov. 19, 26; Dec. 17 • Annual education series developed to provide accurate, helpful, hopeful, practical, and current information about substance use disorders, recovery, family, and related issues. Each date covers a different topic. Free. Contact Brad or Alexa at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Teens Using Drugs: What to Know and What to Do with Ray Dalton • Oct. 1, 8; Nov. 5, 12, 6-7:30 p.m. • Two-part series to help participants understand, identify, and respond helpfully to teen alcohol or other drug problems. Inclusive of parents, families, teens, professionals, students, and others. Free. Contact Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Animals and Pets

Low Cost Vaccine Clinic with the Humane Society of Huron Valley • Select Saturdays, 9-11 a.m. • Healthcare for our pets is essential, but can be pricey. To help keep animals with their families and help families keep veterinary care affordable, the Humane Society offers low-cost vaccine clinics. Appointments not necessary; just bring cats in carriers and dogs on non-retractable leashes. Vaccine prices vary. Contact 662-4365; clinic@hshv.org or hshv.org/vaccineclinic.

Family MEWvie Night with Tiny Lions • Select Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. $10. Contact at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Anthroposophical Medicine

Medically Supervised Fasting Weekend with Steiner Health • Sept. 27-29, Nov. 8-10 • A simple fast can reset the mind, body, and immune system, and leave you feeling more energetic and better prepared to fend off illness. Our fasting weekends are physician supervised and located at the beautiful Rudolf Steiner Health Center. $180-$350. Contact Steiner Health at 663-4365; samuel@steinerhealth.org or steinerhealth.org.

Aromatherapy and Essential Oils

Essentially Infused Tea with Michelle Meier • Thursday, Sept. 26, 6:30-8 p.m. • Not only are essential oils used for health and wellness, but they add great flavor and therapeutic benefits to your cup of tea, too. Discover the benefits of essential oils, and how to pair and infuse them in tea. You'll leave with two infused teas to enjoy at home. $29. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu/community-enrichment.

Creating A Personalized Bath Collection with Karen Greenburg • Sunday, Nov. 17, 12-4 p.m. • Create your own personalized bath collection (materials provided for you to take these home), to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Art and Craft

Painting the Stars: Science, Religion, and an Evolving Faith. Seven Part Series with Esther Kennedy • Sept. 9, 19, 23, 30; Oct. 7, 14, 21, 1:30-3 p.m. • An introduction to how our recent scientific knowledge informs and enriches our faith. With the help of Catholic theologians and Christian thinkers, this series explores the relationship between science and religion and offers a spirituality for our times. Each session includes conversation related to the readings, 20 minute video presentation, and guided discussion. All materials for study are provided. $35/series. $5/session. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Candle-Making and Holiday Gifts with Deanne Bednar • Saturday and Sunday, Dec. 7 and 8, 1-5 p.m. • Enjoy the season by making beeswax dipped candles! Also sculpt earthen candlestick holders and decorate matchboxes with birchbark and more. Held in the cozy main house on 50 acres. Tour the enchanting thatched Strawbale Studio. $25-40. Contact Deanne at (248) 236-5432; ecoartdb@gmail.com or strawbalestudio.org.

Astrology

Drop-In Astrology Readings with Alia Wesala • First and Third Wednesdays, 6-9 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. $2/minute. No appointment necessary. Contact 719-0782; earthboundastrology@gmail.com or earthboundastrology.com.

Drop-in Astrology/Energy Work with Simran Harvey • Second and Fourth Saturdays, 3-6 p.m. at Crazy Wisdom • Simran offers astrological consultations with the option to energetically address issues and situations in the moment. Stand-alone astrology or energy work on offer. $2/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

Energy Medicine in the Age of Aquarius with Debra Rozak • Saturday, Sept. 28, 1:30-4 p.m. • The recent seven-year transit of Uranus through Aries brought a proliferation of healing modalities based on energy flow and identification/elimination of blockages. They include: Reiki, Tela's quantum physics with scalar energy and orgone, chakra meditations with planetary correspondences, medical intuitives, Nick Ortner's tapping solution, and more. $15/members. $20/non-members. Contact Susan at (248) 765-3131 or susan_lees@hotmail.com.

The Witches' Ingredients

Our Calendar Editor's picks of some of the more interesting happenings taking place in our community.

How To Use Cannabis Oil to Manage Chronic Pain with Melissa Keck • Tuesday, Sept. 10, 7-8 p.m. & Saturday, Sept. 14, 11 a.m.-12 p.m. (See Cannabis/ Medical Marijuana)

A Very Quiet Healing Weekend with SevaLight Retreat Centre for Self-Realization, Pure Meditation, Healing, and Counseling • Saturday-Sunday, Oct. 26-27 (See Energy Healing)

Myriad of Meditations with Karen Greenberg • Sundays, Sept. 15, 22, Oct. 6, 13, 20, 27; Nov. 3, 10, 17, 24, 5-7:30 p.m. (See Meditation)

Sunday and Tuesday Online Meditation with Celeste Zygmont • Sundays, 11 a.m.; Tuesdays, 9 a.m. (See Meditation)

Bent Tree Native American Flute Circle with Susan Forgie • Saturdays, Sept. 21, Oct. 19, Nov. 16, Dec. 21, 12:30-2 p.m. (See Music, Sound, and Voice)

Chinese Food, Customs, and Culture with Frances Kai-Hwa Wang • Wednesdays, Dec. 4, 11, 18, 6-8:30 p.m. (See Multicultural Events)

The Brunch Club with Liza Baker • Sundays, Sept. 22, Oct. 27, Nov. 17, 10 a.m.-2 p.m. (See Nutrition and Food Medicine)

Artwork by Jennifer Carson

Fourth Annual Ann Arbor Pagan Pride Day with Ann Arbor Pagan Pride • Saturday, Sept. 14, 11 a.m.-6 p.m. (See Pagan Spirituality)

Celebrating Community and Confronting Oppression: InterPlay and Theatre of the Oppressed with Agnotti Cowie and Kara Crutcher • Saturday, Sept. 21, 10 a.m.-5 p.m. (Personal Growth)

Oakwood Fall Silent Vipassana Meditation Retreat with Barbara Brodsky, Aaron, and John Orr • Sunday-Sunday, Oct. 6-13 (See Retreats)

A Man for Christmas with the Neighborhood Theatre Group • Friday-Sunday, Dec. 13-15 (See Theater)

Seeds for the Season with Tarianne DeYonker • Saturday, Nov. 30, 10 a.m.-3 p.m. (See Writing and Poetry)

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks, and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Teachers, Lecturers, Workshop Leaders, and the Centers" and which starts on page 122.

The Crazy Wisdom Calendar

Astrology , cont.

Using Planets with Your Chakra Work with Julene Louis • Saturday, Oct. 19, 3-5 p.m. and Sunday, Oct. 20, 10 a.m.-3 p.m. • Learn how the various planets affect your seven main chakras in a two-hour workshop on Saturday, and then on Sunday, Julene is available for private consultations to delve deeper. Contact Julene at (440) 308-8424; julene.louis@gmail.com or lighthousecenterinc.org.

SMARRT's Annual Holiday Party • Saturday, Nov. 23, 1-3 p.m. • Gather with fellow area astrologers to enjoy a fine meal and fun conversation at Rocky's of Northville restaurant. Cost of lunch. Contact Susan at (248) 765-3131 or susan_lees@hotmail.com.

Eclipses and You with Richard Smoot • Saturday, Dec. 14, 3-5 p.m. and Sunday, Dec. 15, 10 a.m.-3 p.m. • Eclipses of the sun and moon are astronomical events occuring four-six times a year that trigger connections in our astrological horoscopes and help shape our experiences. Come learn how 2020 eclipses can affect your astrological chart. Private consultations will be available on Sunday after the workshop. Contact Richard at 389-5014; smootlips@gmail.com or lighthousecenterinc.org.

"To think in terms of either pessimism or optimism oversimplifies the truth. The problem is to see reality as it is."
– Thích Nhất Hạnh

Ayurved

Panchakarma Cleanse-Build-Balance with Nia Aguirre • Sept. 23, Oct. 13, Nov. 12, Dec. 12 • A simplified cleansing and gentle detox program for rejuvenation, harmony, and "getting your spark" back. $75/session. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

Ayurvedic Healing Points for Common Discomforts with Nia Aguirre • Sept. 26, Oct. 22, Nov. 21 • Time honored self-care techniques you can do anytime. Combine with relaxation for a powerful experience. September topic is headaches. October is anxiety and stress. November is digestive health. $40/session. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

Bodywork

Foot Reflexology in Natural Medicine Context with the Ann Arbor School of Massage, Herbal and Natural Medicine • Thursday-Saturday, Sept. 12-14, 10 a.m.-4:30 p.m. • This is training in the theory and practice of foot reflexology. There will also be some discussion of additional reflex areas on the hands and general body regions. Participants will learn the approach of assessment, as well as the practice of treatment within this bodywork modality. There will be hands-on practice time. CE credits offered. Certificate available. $350. Contact 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net/classes-clinic.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Fridays, 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Contact 665-2757; email deb@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on Meetup.com.

September 20 • ***Eating the Sun by Ella Frances Sanders (who is also the author of Lost in Translation). Hosted by Deb Flint***. This book offers small musings on a vast universe, opening the door for a discussion of life's mysteries. "Our world is full of unshakable mystery, and although we live in a civilization more complicated than ever, there is beauty and reassurance to be found in knowing how and why"

Oct. 18 • ***The Big Book of Numerology*** **by Shirley Blackwell Lawrence. Hosted by Deb Flint.** This book explains the science behind the ancient mystical art of numerology and why it works. *The Big Book of Numerology* introduces the reader to their Inner Guidance Number—a powerful tool for accessing our Inner Knowing- which we will discuss together.

Nov. 15 • ***The Awakened Dreamer: How to Remember and Interpret Your Dreams*** **by Kayla Ambrose. Hosted by Bill Zirinsky.** "Remember your dreams, interpret what they are telling you, and use them to get what you want". A fun opportunity to discuss dream interpretation and application to our awake life.

Dec. 20 • ***The Chocolate Cake Sutra: Ingredients for a Sweet Life*** **by Geri Larkin. Hosted by Deb Flint.** This book offers a way to let go of perfectionism and celebrate the sacred nature of the life we already have. A very timely topic during the busy holiday season! Take time to join us, discuss priorities, and perhaps indulge in a slice of chocolate cake as we chat!

Jewel Heart Readers • Tuesdays, Sept. 10, Oct. 15, Nov. 12, Dec. 10, 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. All are welcome. Free. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

Book Events

The Faith That Time Forgot with Maryesah Karelon at Crazy Wisdom • Saturday, Sept. 14, 2-4 p.m. • This will be an opportunity to meet and talk with the author of *The Faith That Time Forgot: Discovering the Ancient Teachings of Christianity through Jesus and Mary Magdalene*. The book offers an alternative perspective on Christianity from a feminist point of view. The author will offer a book talk leading to open discussion. Books will be available for purchase. Free. Contact Maryesah at (269) 276-0270; maryesah153@gmail.com or magdalenerose.org.

Friends of the Ann Arbor District Library Higher Value Book Sale • Saturday, Sept. 14, 10 a.m-4 p.m.; Sunday, Sept. 15, 1-4 p.m. • Special sale of our higher value books! Books generally range from $5-$12. Often featuring rare and valuable books. Come early for the best selection. Free. Contact FAADL at 302-7774; faadldirector@gmail.com; faadl.org.

Friends of the Ann Arbor District Library Holiday Sale • Saturday, Dec. 7th, 10 a.m.-4 p.m.; Sunday, Dec. 8th, 1 p.m.-4 p.m. • Holiday book sale featuring gift quality books! Books generally range from $2-$6. Come early for the best selection. Free. Contact FAADL at 302-7774; faadldirector@gmail.com; faadl.org.

Breathwork

Transformational Breath Experiential Evening Workshops with Julie Wolcott and Marcia Bailey • Sept. 12, 26; Oct. 2, 22; Nov. 4, 7-9 p.m. • We begin the workshop with a discussion of the benefits and basics of the breath process, set intention, experience a full breath session, and end with integration. Newcomers should arrive by 6 p.m. Participants may register for one or more of the three review sessions. $30/session for a reviewer, $40/new participants. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Breath Immersion Weekend, Transformational Breath - Level Two with Julie Wolcott and Marcia Bailey • Saturday-Sunday, Sept. 21-22, 9 a.m.-6 p.m. • This Transformational Breath Immersion weekend will include five full breathing sessions. Some covered topics include: Breath Analysis, Patterns, Bodymapping, Fountain of Youth Yogic Postures, and many more. Personal coaching throughout the weekend will invite a natural open flowing breath that will become a vehicle for transforming old suppressed negative material to more useful energies. $425. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Breath Immersion Weekend, Transformational Breath - Level Three with Julie Wolcott and Marcia Bailey • Saturday-Sunday, Oct. 12-13, 9 a.m.-6 p.m. • This Transformational Breath Immersion weekend will include five full breathing sessions. Some covered topics include: Breath Analysis, Water Breathe, Third Eye Meditation, Fountain of Youth Yogic Postures, and many more. Personal coaching throughout the weekend will invite a natural open flowing breath that will become a vehicle for transforming old suppressed negative material to more useful energies. $425. Early bird discount if paid in full by Sept. 12. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Happiness Rising! Claim Your Right to be Happy with Dave and Pat Krajovic • Sunday, Oct. 13, 10 a.m.-4 p.m. • Life is not meant to be a struggle filled with stress, anxiety, and worry. Explore the beliefs, attitudes, and behaviors that prevent your happiness. Learn to experience proven methods to shift the energy, support the letting go, and open yourself to joyful living. $119. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

On September 1, 2019,
the Crazy Wisdom Calendar
will be available on our website:
www.crazywisdomjournal.com

"The Transformational Breath®": All-Day Workshop with Julie Wolcott and Marcia Bailey • Saturday, Nov. 9, 10 a.m.-5 p.m. • Come Breathe with us! Embrace the Transformational Breath®, be with it, surrender to it, and bring increased clarity, aliveness, and joy into your daily living. Join us for a full day of Transformational Breathwork, the self-healing modality available to all. Immerse yourself in metta, self/other forgiveness, and embrace your innocence through two fully facilitated breath sessions. $90/Experienced Transformational Breathers. $100/for newcomers. Lunch included. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Peace on Earth Holiday Meditation with Dave and Pat Krajovic • Sunday, Dec. 1, 10:30 a.m.-12 p.m. • How would you like to escape the stress of the hustle and bustle of holiday preparations? Connect to love and experience the joy the season represents. Open your heart to gratitude and experience blissful peace. $35. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Buddhism

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis - Half-day Sitting • Sundays, Sept. 8, Oct. 13, Nov. 10, Dec. 8, 8:20 a.m.-12 p.m. • Join us for four periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center. Come for any portion of the program. Donations appreciated. Everyone welcome. Contact Marta at (248) 202-3102; jizzojizen@gmail.com or jissojizen.org.

Gateway to The Spiritual Path with Jewel Heart • Wednesdays, Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30, 7-8 p.m. • An eight-week introductory course on basic Buddhist and spiritual principles, exploring the aspects of the spiritual path as embodied in the Buddhist path. The course is based directly on Kyabje Gelek Rimpoche's teachings. Free for members. $80/non-members. No one turned away due to finances. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Ann Arbor KTC Open House with the KTC Buddhist Center • Saturday, Sept. 14, 1-3:30 p.m. • This will be an opportunity to join the members and neighbors of the Ann Arbor KTC Tibetan Buddhist Center for drinks, snacks, tours of our shrine room, and various activities. Please feel free to join and learn about our community. Free. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Walk to Feed the Hungry • Saturday, Sept. 14, 9:30 a.m.-1 p.m. • This walk, sponsored by Buddhist Global Relief brings together Buddhists from different communities under a shared purpose: to help people around the world escape from chronic hunger and malnutrition. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Meditation Day with Lama Nancy Burks • Saturday, Oct. 12, 10 a.m.-12:30 p.m. and 2-4 p.m. • Join us for a day of meditation in a classic Buddhist setting. The day will include sitting and walking meditation as well as compassion visualizations. Instructions will be given. Donations accepted. Contact Nancy at 649-2127; lamanancy@annarborktc.org or annarborktc.org.

Lhabab Duchen Celebration with the Senior Students of Ann Arbor KTC Buddhist Center • Sunday, Nov. 17, 11:15 a.m. • In place of our regular Sunday service, the Ann Arbor KTC will mark the holy day of Lhabab Duchen with a recitation of the Praise to the Twelve Deeds of the Buddha and a Life Release Ceremony. Free. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Amitabha New Year's Prayers with Tara Main • Sunday, Dec. 29, 2-5 p.m. • On the last day of the year we will do a long Amitabha practice session. Visualizing and reciting the mantra of Amitabha, the Buddha of Boundless Light, allows us to dedicate all the goodness we have done during 2019 for the benefit of all beings, as well as to purify our negative actions of the year. Free. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, 9:45-10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Chanting Practice with Senior Students of the Ann Arbor KTC Buddhist Center • Sundays, 10 a.m. • Sadhana, or chanting practice, is an important component of Tibetan Buddhism. Each week we relate to a different aspect of our enlightened mind through visualization and mantra practice. Free. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Sunday Service with Lama Nancy Burks • Sundays, 11:15 a.m. • The Three Yanas Sunday Service includes short practices of sitting meditation, compassion meditation (mind training or lojong), and mantra/visualization, along with short teachings and discussion. Instructions will be given. Free. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Sitting Meditation with Senior Students of the Ann Arbor KTC Buddhist Center • Wednesdays, 7 p.m. • Join us for a silent sitting meditation followed by a discussion. Basic meditation instruction available by request. Donations welcome. Contact Lama Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Jewel Heart Sunday Talks • Sundays, 11 a.m.-1:30 p.m. • We invite you to enjoy weekly Sunday morning talks with video recordings by Gelek Rimpoche and live presentations by Demo Rinpoche and guests. Followed by tea, snacks, and conversation! Open to all. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

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A 24-Hour Yoga Practice

By Austeen Freeman

Today I practiced yoga for a full 24 hours. *Whoa*, right? Sounds like an intense, almost insane practice. Why would anyone do yoga for 24 hours straight? Well, it was a crazy practice, but not in the way you would think. What if I told you that I didn't practice one Asana (yoga posture) or movement? What would you think? Where would your mind go? Would you ask, how can you practice yoga for 24 hours without any movement? This is where we may have some ground to make up as a yoga community. Asana is only one of the many practices of yoga. I practiced the other foundational concepts. I practiced yoga with my mind, my actions, and my thoughts.

What if I told you that I didn't practice one Asana (yoga posture) or movement?

The first yogic practice I focused on was Ahimsa (non-violence). I was intentional with every word I spoke, with every thought that came into my mind. My goal was to refrain from harmful thoughts about others and myself. Now that does not mean I succeeded. The occasional inner critic came trampling through my mind every five minutes, or so it seemed. The harmful inner critic had its eyes on me, but also on other people. I found it wanted to judge others, to point out their flaws, and find a way to make itself feel better than them. Throughout the day I observed and corrected the thoughts that sought to judge. Admittedly, this was an exhausting task, much harder than any physical asana I have ever done. But every time that critic showed up, I replaced her violent thoughts with supportive compassionate thoughts, for me and for my fellow humans. Toward the end of the 24 hours I discovered I could stop the thought before it was finished and replace it with another one or let the thought go all together. It's important to remember that Ahimsa is just one practice that we can choose to indulge in during our journey with yoga.

The next yogic practice that occurred in my 24 hours was Satya (truthfulness). This is truth to yourself and others. Day to day, we tell a lot of truths, but I was looking for whole truths. Nothing left out, nothing omitted, no sacrificing parts of myself to appease others, but my full-blown real truth. I have never felt so liberated, speaking exactly how I felt, but being mindful of not blaming others and continuing my Ahimsa practice at the same time. Your truth doesn't have to be harmful to others and truth doesn't include the words "you" or "their." Using those words can start the blame game, and how you feel is strictly how you are allowing yourself to feel. I really used to dislike that advice in the past. I used to say, how can it not be their fault? I can be mad at someone's actions or speech, but I've learned that my own internal environment has nothing to do with them. How I take things personally is all me, and it is dependent on my mood and how I feel about myself. Satya (truthfulness) is an honesty practice—honesty with others, but more importantly, honesty with yourself. This truth practice was a tad easier for me than dealing with the harmful inner critic who had no boundaries in my mind.

Throughout the day I observed and corrected the thoughts that sought to judge. Admittedly, this was an exhausting task, much harder than any physical asana I have ever done.

In these 24 hours of yoga practice I really concentrated on practicing these two concepts. I have practiced them before, and I genuinely try to incorporate them into my life, but I *dedicated* these 24 hours strictly to these two concepts. I sought to understand them on new levels. If you are interested in the different practices of yoga, I would begin with the Yamas and Niyamas (the first two limbs of yoga out of the eight).

The Yamas and Niyamas are ten yoga concepts that yogis include in their practice. Ahimsa and Satya are two of the yamas. Other Yama practices include Asteya, Brahmacharya, and Aparigraha. An Asteya yoga practice is a mindset of abundance and trust. This concept asks the practitioner to refrain from thoughts or fears of scarcity. Asteya (non-stealing) is truly believing that the universe will provide you everything you need in this life. The trick with this practice is allowing the universe to fulfill your needs. We security and safety driven humans tend to want to take matters into our own hands. To practice Asteya is to practice perfect trust and to allow things to happen for you, not against you.

Your truth doesn't have to be harmful to others and truth doesn't include the words "you" or "their." Using those words can start the blame game, and how you feel is strictly how you are allowing yourself to feel.

Brahmacharya translates to maintenance of vitality. This foundational yoga practice asks you to sustain your energy and vitality. To not give more than you can, to not take more than you give, but to have the ability to sustain your own energy for your own life. Accomplishing this practice takes many of the other disciplines that come from the Yamas and Niyamas. A practical approach to this concept is to indulge in life experiences that add to your happiness and your energy. The last Yama is Aparigraha (non-possessiveness). The number one emotion that Aparigraha attempts to dissolve from your mind is jealousy. Thoughts of comparing, of grasping for what is not yours, or striving to be someone else are not the beliefs of a yogi who practices Aparigraha. When indulging in this Yama we come to terms of self-acceptance, self-love, and self-dedication. We love who we are and hope for others to do the same.

All of these practices are just some of the many life-changing methods of yoga. Research and dive into what beliefs resonate with you. Practices come and go, but it's important to remember that yoga offers you many different paths beyond movement.

An Asteya yoga practice is a mindset of abundance and trust. This concept asks the practitioner to refrain from thoughts or fears of scarcity.

When someone asks you, "Did you practice yoga today?" the mind usually goes to asana, movement, and flow. But we practice yoga on so many more levels than just movement. So yes, I practice yoga every day, sometimes asana, and sometimes not. This is a gentle reminder that you practice yoga more than you think.

Austeen Freeman is a licensed massage therapist and one of the owning partners at Gidrah's Mind Body Spirit in Adrian, where she teaches Yoga. You can reach her by email at austeen.freeman@gmail.com.

Buddhism, cont.

Sunday Services With Zen Buddhist Temple • Sundays, 10-11:30 a.m. or 4-5:30 p.m. • The morning meditation service consists of two periods of meditation followed by chanting and a talk. The afternoon dharma service has two shorter periods for sitting meditation, sometimes a walking meditation, reflection, chanting, and a short talk. Donations welcome. Contact 761-6520; annarbor@zenbuddhisttemple.org or ZenBuddhistTemple.org.

Temple Stay/Visitor's Program and Residential Options with the Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedule permits. One can seriously pursue one's spiritual path or seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Cannabis/Medical Marijuana

How To Use Cannabis Oil to Manage Chronic Pain with Melissa Keck • Tuesday, Sept. 10, 7-8 p.m. & Saturday, Sept. 14, 11 a.m.-12 p.m. • Learn how to manage chronic pain with different types of cannabis oil. Explore different methods of administration, dosing strategies and how to mitigate the "high" for functional relief from pain and associated symptoms. $25. Contact Melissa at 818-6238; melissa@findinggracellc.com or minursecannabis.com.

Cannabis For Seniors – What You Need To Know with Melissa Keck • Tuesday, Oct. 8, 7-8 p.m. & Saturday, Oct. 12, 11 a.m.-12 p.m. • Discover how seniors can benefit from using medical cannabis & understand the potential risks, such as medication interactions. Learn about where to start, how to safely get medicine, and where to find trusted information. $25. Contact Melissa at 818-6238; melissa@findinggracellc.com or minursecannabis.com.

All About CBD and Preventative Health Strategies with Melissa Keck • Tuesday, Nov. 12, 7-8 p.m. & Saturday, Nov. 16, 11 a.m.-12 p.m. • Wondering what all the buzz is with CBD? Learn about how cannabidiol works, the amazing health & wellness benefits of CBD and how to safely incorporate this plant-based supplement into your diet and lifestyle. $25. Contact Melissa at 818-6238; melissa@findinggracellc.com or minursecannabis.com.

Ceremonies, Celebrations, and Rituals

Verapose Open House and Peace Pole Dedication with Verapose Yoga and Meditation House • Friday, Sept. 20, 6-9 p.m. • Join in celebration as we dedicate our new peace pole in ceremony. Enjoy food, music, art, and prizes as we open our doors to our community to celebrate. Free. Contact Victoria at victoria@veraposeyoga.com or veraposeyoga.com.

Autumn Equinox Ritual Prayer with Esther Kennedy • Sunday, Sept. 22, 3:30-4:30 p.m. • Autumn Equinox marks the time when the earth is in balance with equal hours of light and dark. We celebrate this harvest time as gifts of summer are celebrated in jars of jellies and pickles and root veggies are stored in cool dark places. Expressing gratitude for such abundance in prayer, song, and dance is a practice in humility and an act of love. Free. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Food Offering Ceremony with Triple Crane Monastery • Saturday, Nov. 16, 3:30-6:30 p.m. • Traditional Chinese Buddhist practice which cultivates good karma by offering Dharma, food, and salvation to all sentient beings. Contact 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Winter Solstice Ritual Prayer with Esther Kennedy • Sunday, Dec. 22, 3:30-4:30 p.m. • Watching and waiting to mark the threshold into winter. Coming into the darkest night of the year in the Northern Hemisphere, we will sing and drum our way outside to light the Solstice Fire. There we will deepen the awareness that Earth is our common home. Bring a small stick, piece of wood, or paper to add to the communal fire as a new season of hope begins. Free. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Christmas Celebration and Meditation with SevaLight Retreat Centre • Wednesday, Dec. 25, 10 a.m. • We warmly welcome everyone of all faiths to join us on Christmas morning for our meditation gathering. We gather at 10 to start at 10:30, sharing in songchants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Christmas Message and Blessing. This will be followed by Pure Meditation and silent prayer for as long as you wish. Free. Contact (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Year-End Candlelighting Service: Kindling Light of Wisdom-Mind • Monday, Dec. 31, 8-10 p.m. • An occasion to take stock of one's life and greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful candle-lighting service with us. $20 donation. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

New Year's Day Service with Zen Buddhist Temple • Wednesday, Jan. 1, 11:30 a.m. • Come join us as we begin 2020 with contemplation and candle-lighting. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Channeling

Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, Sept. 11, Oct. 23, Nov. 20, Dec. 18, 7-9 p.m. • Open session with Aaron and Barbara Brodsky. Aaron gives a talk followed by a Q&A session. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Remembering Wholeness - Darshan with The Mother channeled by Barbara Brodsky • Sundays, Sept. 22, Oct. 20, Nov. 24, Dec. 15, 2-5 p.m. • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness; as The Mother takes each person's hands and looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Chanting

First Wednesdays Kirtan with Kashi Nivas Shiva Meditation Ashram • Sept. 4, Oct. 2, Nov. 6, Dec. 4, 7-9 p.m. • The Kashi Nivas Shiva Meditation Ashram offers two hours of kirtan on the first Wednesday of each month. This group of volunteer musicians and singers engage in live call and response chanting as a devotional spiritual practice. Free. Donations welcome. Contact 883-6947; atmananda@kashinivas.org or kashinivas.org.

Guru Gita with Kashi Nivas Shiva Meditation Ashram • Saturdays, 10-11 a.m. • Guru Gita devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Contact 883-6947; atmananda@kashinivas.org or kashinivas.org.

Childbirth

Breastfeeding Basics for Doulas with Barbara Robertson • Thursdays, Sept. 19, Nov. 21, 6-9:15 p.m. • Learn the very latest in evidence-based breastfeeding support from an expert. This class will enhance the doula's ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum. Fulfills a DONA International certification requirement for doulas. $85, $70/early registration. Contact 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Friday-Sunday, Sept. 20-22, Nov. 22-24 • Become a professional birth doula at Michigan's premier doula training center. Learn from doula business expert, Patty Brennan. You do not need to be a mother yourself, or have a medical background to become a doula. This training is hands-on, skill based, and fulfills two certification requirements for birth doulas through DONA International. $550, $497/early registration. Contact 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan • Thursday-Sunday, Oct. 17-20 • This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, babywearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples, and more. Fulfills two certification requirements for postpartum doulas through DONA International. $635; $575/early registration. Contact 663-1523; patty@center4cby.com or center4cby.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on page 98. This section is devoted to events for children and young adults along with their families.

Tea with the Fairies at Crazy Wisdom • Thursday, Oct. 24, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. $12. Contact Stevie at stevie@crazywisdom.net.

A Course in Miracles

***A Course in Miracles* Study Group with the Interfaith Center for Spiritual Growth • Mondays 6:45-8:45 p.m. •** Join us as we read aloud the popular Foundation for Inner Peace metaphysical book, *A Course in Miracles,* and the Shanti Cristo companion, *The Way of Mastery*. Donations welcome. Contact Dave at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

***A Course in Miracles* Study Group with Randall Counts and Linda McDonough • Thursdays 12-1:30 p.m. •** All are welcome to study the non-dualistic interpretation of *A Course in Miracles*. Free. Contact Linda at (479) 461-4389 or lpmcdon79@gmail.com.

Dr. Monica Turenne, pictured with her dogs Darwin and Biscotti, is the owner of Four Paws Veterinary Wellness, an integrative veterinary house call practice. Dr. Turenne offers a holistic approach to pet care offering acupuncture, Ozone Therapy, Chinese Herbal Therapy, Western Herbal Therapy, muscle testing, and more. She is also a certified hospice and palliative care veterinarian and is passionate about helping pet parents care for their chronically and terminally ill pets. Dr. Turenne is also certified in Thanatology and is a member of the International Association of Animal Hospice and Palliative Care. Find her advertisement on page 40.

Crystals

Crystals to Enhance Communication with our Spiritual Teachers, Guides, and Angels with Jennifer Vanderwal • Sunday, Sept. 1, 11 a.m.-1 p.m. • Learn about angels, guides/teachers, and how they help you live a fuller, healthier life. Experience a deeper, clear, and present connection to your angels and guides. $35. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Melody Crystal Healing Level One with Jennifer Vanderwal • Sunday, Oct. 6, 11 a.m.-6 p.m. • This hands-on class teaches you how to use laser wands, balance chakras, and clear negative energy. Create powerful healing crystal arrays including a self-limiting belief array. Certification after successfully completing Levels One and Two. $250. Contact Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Tools to Help Empaths with Jennifer Vanderwal • Sunday, Nov. 3, 11 a.m.-1 p.m. • Learn traits of an empath or highly sensitive person. Learn about using crystals, essential oils, smudge, and other tools an empath can use to help control sensitivity. $44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Crystals to Relieve Stress with Jennifer Vanderwal • Sunday, Dec. 22, 11 a.m-1 p.m. • Learn simple and easy techniques to use crystals to eliminate stress and anxiety. Construct a special and powerful Healing Crystal Array to rid yourself of stress. Includes a stress-relieving guided meditation. $35. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Death and Dying

Death Café with Merilynne Rush and Diana Cramer • Third Saturdays, 10:30 a.m.-12:30 p.m. in the Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. This event has no agenda and participants guide the conversation. This is not a grief support group, but a way to further the cultural conversation about the one thing everyone has in common. Free. Contact Merilynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

End-of-Life Doula Training and Certification with Merilynne Rush and Patty Brennan • Friday-Sunday, Nov. 1-3, 8:30 a.m.-5 p.m. • This dynamic training encompasses how to provide comfort and support to the dying person and their loved ones in the final days and weeks of life. Doulas provide resources, education, and companionship for the dying and their caregivers as they fill in gaps in hospice care and medical support systems. $610, $550 early bird. Contact Merilynne at 395-9660; support@lifespandoulas.com or lifespandoulas.com.

Divorce Support

Cultivate Peace During and After Divorce with Melanie Fuscaldo • Tuesday, Sept. 3, 12-1:30 p.m. • Cultivate inner peace using a process that focuses on the gifts in any situation. Find hidden blessings and move into joyful power. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Dreamwork

Dreaming Through the Veil: An Experiential Workshop in Traveling to the Other Side through Active Dreaming with Julie Tumbarello, Michael Northrop, Cassandra Matt, Natasha Renata Kimberly, and Mary Branch Grove • Sunday and Monday, Oct. 13 and 14, 9 a.m.-5 p.m. • Five international Active Dream teachers come together in Ann Arbor for one powerful weekend to offer Dreaming Through the Veil. Tapping into the shamanic tradition, blended with each teacher's unique background and talents, you will be taken on conscious dream journeys to experience dreaming with the ancestors, the high priestess, the Norns, the bear, and through the veil of memory. $300-350. Contact Julie at 478-0160; info@dreamingjulie.com or dreamingjulie.com.

Drumming

Drummunity Circle with Lori Fithian • Wednesdays, Sept. 18, Oct. 16, Nov. 20, Dec. 18, 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sounds and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Contact Lori at 426-7818; lorifithian@mac.com or drummunity.com.

Drum Journey with Ool Pardi • Friday, Sept. 20, 7-9 p.m., Sunday, Nov. 3, 3-5 p.m. • Introduction to drumming along with one hour of sounds with native drums, gongs, solfeggio chimes, rain stick, and flute. Connect with ourselves and others and deeply relax with the sounds and vibrations. Bring a mat to lie on and blanket if you like. $25. Contact Kellie at (989) 413-6208; strongheartdrummedicine@gmail.com or lighthousecenterinc.org.

Cacao Drumming Ceremony with Darcel Hawkins and Ool Pardi • Sunday, Dec. 8, 6-8 p.m. • Sip warm cacao and learn its sacred and medicinal status along with its role as a meditative aid, helping us rebalance the energies within us and restore good health. Afterward we will listen to Ool Pardi's drumming and Native American music as we welcome the upcoming solstice and holiday season. $40. Contact Kellie at (989) 413-6208; strongheartdrummedicine@gmail.com or lighthousecenterinc.org.

Energy Healing

Drop-in Energy Work with Simran Harvey • Second and Fourth Saturdays, 3-6 p.m. at Crazy Wisdom • Simran offers a clearing energy called the Advanced Pulse Technique that balances aspects of the mind, body, or emotions as old issues dissolve and happiness, comfort, abundance, and freedom emerge. Surrogate work available for young children or incapacitated adults. $2/minute. No appointment necessary. Contact Simran at 222-0043; astroenergywork@gmail.com.

Qigong Self-Care Energy Work with Wasentha Young • Mondays, 9-10 a.m., Tuesdays and Thursdays, 6-7 p.m. • Self-care techniques that will help to give you an energy cleanse and revitalize your sense of well-being. Focused on energy work, stretches, breathing, meditations, alignment, and acu-points. Register for one class and you can attend all three sessions per week at no extra cost. $195. Contact Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

The Healer and Ascension Certification Course with Eve Wilson • Enrollment begins Oct. 3 • National UCM (Universal Church of the Master) Healer Practitioner Certificate allows you to practice legally throughout the USA. Learn the deepest levels of Healing and Ascension including auras, chakras, the healing Qabalah, archangels, DNA, past life, soul groups, soul contracts, inner child healing, physical, emotional, mental, and spiritual healing, to treat the root cause of disease, and personal and planetary ascension. Price includes five private healings with Eve Wilson. $3,310/in advance; $3,460/pay as you go. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

A Very Quiet Healing Weekend with SevaLight Retreat Centre for Self-Realization, Pure Meditation, Healing, and Counseling • Saturday-Sunday, Oct. 26-27 • Enjoy a weekend in the peaceful quietness without your devices and in silence Saturday night through Sunday morning. An optional private appointment for Pure Spiritual Healing is offered Saturday for an additional $65. $99/person in a private room. Bursary may be available. Contact (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Healing and Ascension Monthlies with Eve Wilson • Every fourth Thursday, beginning Dec. 12, 7:30-9:30 p.m. • Meet with like-minded individuals to learn to ride the waves of change on Earth with joy, confidence, and skill. Gather in person and by teleconference from across the country for teaching and healing with Eve Wilson. Group healings address individual's requests for support physically, emotionally, mentally, and spiritually. Six classes. $50/class. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

The Weekly Word for Healing and Ascension Blog with Eve Wilson • Fridays • Practical and spiritual support for riding the waves of change on planet Earth. Get the latest updates and information on the gifts of transformation happening behind the chaos, learn to ascend into unity with your Higher Self and true purpose. Free. Contact Eve at 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

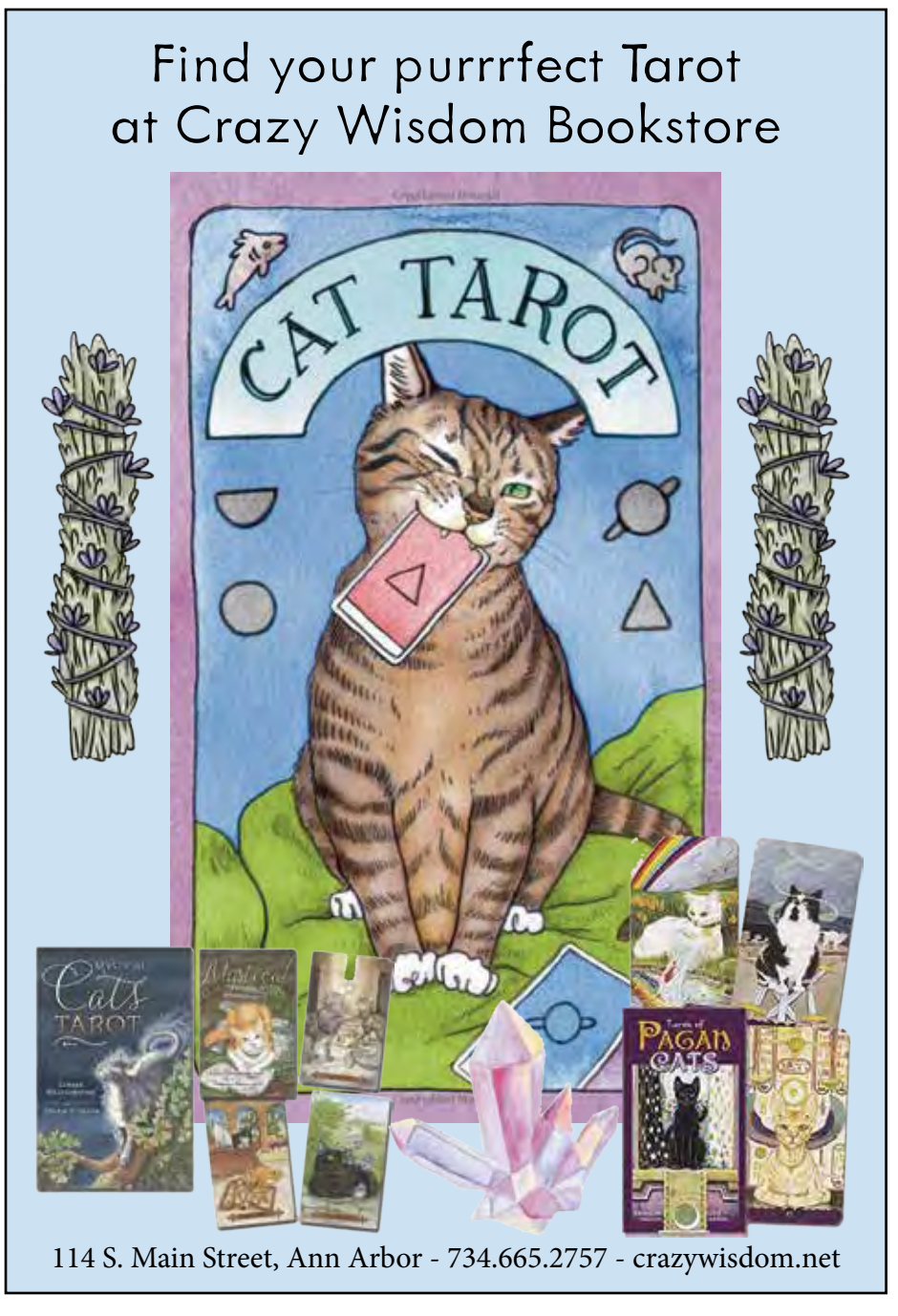
> **A little thought and a little kindness are often worth more than a great deal of money.**
>
> **– John Ruskin**

Exercise and Fitness

Laughter Yoga Playshop with Sandra Berman • Wednesday, Oct. 23, 6-7 p.m. • Laughter yoga consists of a series of breathing and relaxation exercises that are based on the premise that it is healthy just to laugh, even laughing for no reason. Research indicates that laughter strengthens our immune system, increases our lung capacity, and adds to our general sense of good health and well being. $10. Contact Sandra at 395-1106; sandberman@gmail.com.

Festivals and Fairs

Second Saturday Psychic Party • Saturdays, Sept. 14, Nov. 9, Dec. 14, 12-5 p.m. • Drop in for readings, healers, shopping, and snacks! Get to try a variety of psychics and experience different types of powerful energy work in an intimate setting, all under one roof. $3/admission. $2/minute for sessions, 15-minute minimum. Contact Amy at 358-0218; amy@enlightenedsoulcenter.com or enlightenedsoulcenter.com.



Festivals and Fairs , cont.

Seventh Annual Fall Enlightened Soul Expo • Saturday, Oct. 12, 10 a.m.-6 p.m.; Sunday, Oct. 13, 11 a.m.-6 p.m. • Largest indoor holistic-psychic expo in Michigan. Over 150 booths offering intuitive readings, energy healing, holistic products, crystals, aura photos, and more. Free presentations, free parking, and food for sale. Co-sponsored by Crazy Wisdom. Tickets: $11/adults, $16/adult weekend pass, $8/college students, $5/teens, 12 and under free. Advance tickets: $9/adults, $13/weekend pass, $7/college students. Contact Amy at 358-0218; amy@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

Film

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Concessions available. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

Sept. 27 • *Inner Worlds, Outer Worlds (2012)* • Documentary. There is one vibratory field that connects all things. It has been called Akasha, Logos, the primordial OM, the music of the spheres, the Higgs field, dark energy, and a thousand other names throughout history. It is the common link between all religions, and the link between our inner and outer worlds.
Oct. 25 • *Samadhi: Maya the Illusion of the Self (2017)* • Documentary. Samadhi is an ancient word that points to the transcendent union that is at the root of all spirituality and self-inquiry. The film addresses the question of why ancient wisdom teachings are relevant to humanity now more than ever.
Nov. 22 • *Healing Field: Exploring Energy and Consciousness (2016)* • Documentary. This film explores breakthroughs in the fields of energy medicine, quantum physics, DNA and genetics, and the biochemistry of emotions. Downplayed are today's conventional healthcare models that rely on surgery and prescription drugs in favor of dramatic, non-invasive, mind-body, and energy-based healing techniques.
Dec. 27 • *Living Matrix: The New Science of Healing (2012)* • Documentary. This film brings together academic and independent researchers, practitioners, and science journalists whose work reveals scientific evidence that energy and information fields, not genetics, control health and wellbeing.

Healing

First Mondays Drop-in Healing Night/Reiki Share • Mondays, Sept. 2, Oct. 7, Nov. 4, Dec. 2, 7-9 p.m. • Practitioners of body work, energy work, medical intuition, and other alternative healing modalities are welcome to offer their services while those seeking healing are invited to drop in. The goal of this evening is to help people feel better affordably, as well as to provide an opportunity for those who have been trained in a healing modality to practice their talents. $10. Contact Amy at 358-0218; amy@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

D.O.V.E (Divine Original Vibration Embodiment) System Training with Karen Greenberg • Fridays, Sept. 13, 20, 27; or Oct. 11, 18, 25; or Nov. 8, 15, 22; or Dec. 6, 13, 20, 10 a.m.-4 p.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. $777+materials/three-class session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Singing Bowl Sound Bath Meditation with Reiki with John Steinbauer • Sept. 28, Oct. 27, Nov. 23, Dec. 21, 3-5 p.m. • Bring a yoga mat and a blanket and completely relax while listening to rare crystal bowls being played to music at frequencies which affect the chakras and brain. Healing energies abound. $20. Contact John (248) 445-2590; john.energyinmotion@yahoo.com or lighthousecenterinc.org.

Holistic Health

Introduction to Pal Dan Gum Qigong with Antonio Sieira • Wednesdays, Oct. 16, Dec. 11, 10-11:30 a.m.; Sept. 18, Nov. 13, 6-7:30 p.m. • Learn the eight silken movements used for thousands of years to promote radiant health and cure diseases. A moving meditation where the body learns to move in a mindful and graceful way that releases stress, clears the mind, and re-energizes the body. Private lessons available by appointment. $40/two-hour introductory session. $20/one-hour practice sessions. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Sundays, Dec. 1, 8, 12-8 p.m. • Learn a myriad of tools and techniques to raise your vibration and sustain it. Tools include sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, personal prayers, gratitude, breathing, drumming, movement, and many more. $110. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Hypnosis

Self-Hypnosis with Conrad Welsing • Wednesdays, Sept. 18, 25, 6-8 p.m. • Did you know that Thomas Edison and Albert Einstein credited their genius ideas to self-hypnosis, as did Wolfgang Amadeus Mozart for his *Cosi fan tutte*? Come learn and practice self-hypnosis techniques in this workshop. Find the power to change you. $39. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Self-Hypnosis - Advanced Tools and Resources with Conrad Welsing • Wednesdays, Nov. 13, 20, 6-8 p.m. • Do you want to understand more about the science behind hypnosis? Delve deeper into the current applications and techniques of self-hypnosis in this in-depth class that picks up where the introductory class leaves off. You will be exposed to research from academic sources as well as popular practitioners. $39. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Intuitive and Psychic Development

Drop-In Intuitive Readings with Marcella Fox • Second Sundays, 12-3 p.m. at Crazy Wisdom • $2/minute. No appointment necessary. Contact 717-8513.

Drop-In Intuitive Tarot Readings with Krysia Hepatica • First and Third Tuesdays, 5:30-8:30 p.m. at Crazy Wisdom • Krysia Hepatica is a Lightworker who is a Self Love coach. After her heart chakra activation she began intuitively knowing what is blocking others from love or creativity. She uses the Tarot and Oracle cards to help people on their self love journey. $2/minute. No appointment necessary. Contact 478-0795 or luxeodette@gmail.com.

Teleconference: Focused Mind Meditation with John Friedlander • Sundays, Sept. 1, Oct. 6, Nov. 3, Dec. 1, 9 a.m.-12 p.m. • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability; as well as a whole new level of mental clarity and spiritual openness. $15. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Psychic Psychology Women's Group with John Friedlander • Tuesdays, Sept. 3, Oct. 1, Nov. 5, Dec. 3, 8-9 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. $12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Clearing Energy Levels Where Emotions Transition into Physicality with John Friedlander • Wednesdays, Sept. 18, Nov. 20, Dec. 18, 8-9 p.m. • Meditation exercises releasing/clearing energies in the levels of the aura. $12.50 Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Tuesdays, Sept. 24, Oct. 22, Nov. 26, Dec. 24, 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. $12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Fall Intensive 2019 with John Friedlander • Webinar: Saturday-Thursday, Oct. 12-Oct. 17; In-Person: Saturday-Sunday, Oct. 19-20 • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical sophisticated perspective. Prerequisite: Foundations Level I or instructor's permission. Contact Gilbert at gchoud@yahoo.com or physicdevelopment.cc.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Morning Course begins Thursday, Sept. 12, 10 a.m.-1 p.m.; Evening Course begins Thursday, Sept. 12, 6:30-9:30 p.m. • Rather than utilizing so much energy resisting, we utilize that liberated energy for creating, which puts us on a similar vibration as our creator. Monthly rates: $137/person general session; $150/person two-person session; $120/hour private session. Course lasts about a year. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

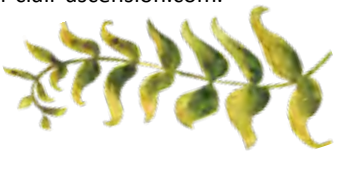
Life Transitions

Conscious Aging: A Path to Wholeness As You Age with Elizabeth Hurwitz • Tuesdays, Sept. 17, Oct. 15, Nov. 12, 7-8:30 p.m. • We will offer information about setting your external life in order as you age—legal, financial, and community issues—and information on setting your internal life—self-perception, relationships, spiritual path, and more. Free. Contact Elizabeth at 657-0835; elizabethhurwitz@gmail.com or hurwitzlawoffices.com.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Begins Sunday, Sept. 15, 10 a.m.-12:00 p.m. • Not couples therapy, but for good relationships that both parties are willing to improve. Two-hour sessions, once a month, for about a year to allow couples to get more work done over a shorter amount of time. $205/session if either participant has taken Beginning Kabbalah. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Sunday, Sept. 22, 12-5 p.m. • Identify your ideal mate's qualities and enhance these with the richness of group input. Learn how to use ceremony, meditation, chants, movement, and more to remove blockages, work through fears and issues, and learn to trust the Divine Order and Timing. $125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.



Massage

Free Massage Class with Irene's Myomassology Institute • Friday, Oct. 25, 7-9 p.m. • During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. This is a great introduction into the world of massage therapy. Space is limited so please RSVP. Free. Contact Student Records at (248) 350-1400; contact@irenes.edu or irenes.edu.

Meditation

Peace Invocation with Kapila Castoldi at Crazy Wisdom • Sunday, Sept. 22, 3-5 p.m. • An immersion in poems, chants, and songs dedicated to peace. Offered by the Sri Chinmoy Centre. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Exploring Bhajans with Kapila Castoldi at Crazy Wisdom • Sunday, Sept. 29, 3-5 p.m. • Bhajans belong to the Indian tradition of singing devotional songs dedicated to the various deities in a group or at a temple. Join in and experience singing Bhajans accompanied by the harmonium. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Mastering Meditation with Kapila Castoldi at Crazy Wisdom • Sundays, Oct. 20, 27; Nov. 3, 3-5 p.m. • Introductory meditation series offered by the Sri Chinmoy Centre. Topics include: quieting the mind; relaxation, breathing, visualization techniques and chanting; exploring meditation on the heart center; awakening inner awareness. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Open Mindfulness Meditation Practice with Antonio Sieira • Tuesdays, Sept. 3, 10, 24; Oct. 1, 8, 22; Nov. 5, 12, 26; Dec. 3, 10, 17, 6-7 p.m. • Calm your mind and come into peace. Includes mindfulness, Tibetan singing bowls, Metta meditation, discussion of philosophy, science, and spiritual basis of meditation. $15/class. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Every leaf speaks bliss to me,
fluttering from the autumn.
– Emily Bronte

Crazy Wisdom's E-Blast Service is a great way to showcase yourself, your business and your services! This service is a cost effective method of reaching a targeted audience without the need for investment in costly hardware and mail related software!

Send out a listing of your upcoming classes, workshops, and events.

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E-Blast Service ads must be mail-ready (see website) and emailed to Carol. Questions? Contact Carol at carol@crazywisdom.net

Introductory Zen Meditation Course with Zen Buddhist Temple • Five Thursdays beginning Sept. 5, Oct. 10, Nov. 14, 6:30-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160. $120 students. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Insight Meditation for Everyone with Dan Muir • Thursdays, Sept. 5, 19; Oct. 3, 17, 31; Nov. 14, 7-9 p.m. • Come join us for six sessions, where we will learn and practice the basics of Insight Meditation and a few other supporting practices, such as Lovingkindness meditation. The techniques that are used are primarily from the Buddhist tradition, but are suitable for any religious, spiritual, or philosophical viewpoint. $120-240. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Day of Mindfulness Meditation with Esther Kennedy • Saturdays, 10 a.m.-2:30 p.m. • Monthly mindfulness meditations with a different focus each month. Mindfulness helps us to cultivate the calm within our own being and to experience silence as a warm embrace. $30 includes lunch. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Sept. 7 • Opening to a New Freedom. We practice mindfulness meditation so that we may experience a sense of freedom and joy where we are. It is not an effort to improve ourselves or repair what we think wrong with ourselves. Though, it is true, we do practice to bring healing to any trauma or wounding we have suffered and also to see and affirm the original innocence and goodness born in us and every one. "There is a place in us pure and tender that cannot be touched by the sorrows of life." In silent moments we can know ourselves to be blessed and blessing for others. We are worthy of our love and compassion. Live in joy, live in compassion, and live in love, no matter where you are, instructs the Buddha. Remember, this is possible.

Oct. 12 • The Heart of Practice. We are made up of five elements: our form (physical body), our feelings, our perceptions, our mental formations, our consciousness. Our body is not a static thing as it changes all the time. Our feelings, the second element, may have their root in our physical body. Other feelings just arise, last a few minutes or longer, and disappear. The third element, our perceptions, can also evoke certain feelings and mind thoughts which can be accurate or inaccurate. The fourth element is mental formations, thought forms, such as fear, hate, jealousy, love, anger, hope, despair. With the fifth element, consciousness, we look deeply into the soil of consciousness and recognize both the negative and positive seeds. Our practice is to water the positive seeds. Without water negative seeds will not manifest.

Nov. 12 • Be Grateful to Everyone. It has been said that being around people who bother us is a way of becoming friends with ourselves. Other people who bother us are often a mirror of the discarded or hidden aspects of ourselves. With awareness and kindness we can begin to befriend these rejected shadow qualities that we may be projecting onto everyone and everywhere. Did you ever pause to consider how you may trigger negative reactions from another? It is so easy to misunderstand each other and then get caught up in reactivity. All situations can teach us, and the tough ones can teach us a lot. This is not a naïve slogan but one chuck full of awakening wisdom. So let the listing of bothering folks and situations begin.

Dec. 7 • Composing a Life. Who we find ourselves to be this day, has been evolving over many years. We can recall memories, moments of our breaking out, breaking down, and breaking through. We grew from childhood into young adulthood touched by the perspectives, attitudes, behaviors of so many others including parents, teachers, neighbors, colleagues, and friends. Our lives are also shaped within the paradox of our culture both rich in incredible possibility, beauty, vision, and creativity and poor in its superficiality, growing inequality, hatred, fear of others, and seeping inertia. Let us each ask: What new awakenings are breaking into my life?

Mindful Self-Compassion with Paulette Grotrian • Sundays beginning Sept. 8, 2:30-5 p.m. • In this eight-week course, you'll learn skills to improve emotional resilience and well-being through mindfulness and self-compassion practices and exercises. MSC is a proven way to accept yourself, build inner strength, and thrive. $450. $225 for repeat. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Spiritual Meditation Group with Lori Barresi • Thursdays, Sept. 12, 19; Oct. 3, 17; Nov. 7, 21; Dec. 5, 19, 7-8 p.m. • Begins with a spiritual discussion, followed by a silent meditation. Each week a different spiritual lesson will be discussed. All welcome, no registration required. $10. Contact Lori at (248) 891-2571; lori.lylc@gmail.com or enlightedsoulcenter.com.

An intuitive her whole life, Karlta Zarley, RN, CHTP, has had over 38 years of experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She leads spiritual growth retreats, and provides energy work, spiritual direction, and consultations on essential oils and flower essences. Most recently Zarley, has been teaching others about using energy work on Neuro-Sensitives and those on the Autism Spectrum. Look for her class listings in the Crazy Wisdom Calendar on page 116 under the heading Retreats.

Meditation , cont.

Friday Night Meditations with Verapose Yoga • Fridays, Sept. 13, Oct. 11, Nov. 15, Dec. 6, 7 p.m. • Calm your mind, settle your body, and find a softer focus to your day. These classes consist of a beginning breath work and then progress into a guided mindfulness meditation. Beginners welcome. These sessions are part of our year-long meditation challenge. Different teachers and topics each session. $5/night. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Introduction to Meditation with Kathleen Ivanoff • Saturdays, Sept. 14, Oct. 19, Nov. 16, 10 a.m.-1 p.m. • This class is designed for those new to meditation. Basic detailed instructions for the practice of Vipassana Meditation will be offered. $30-85/session. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

24-Hour Meditation with the Lighthouse Center, Inc. • Saturday-Sunday, Sept. 14-15, 7 p.m. • You are welcome to attend any part or all of the 24-hour meditation. Powerful, deep cleansing and healing. Will include yoga sleep. Donations accepted. Contact Patricia at 417-5804; cprachi17@gmail.com or lighthousecenter.org.

Myriad of Meditations with Karen Greenberg • Sundays, Sept. 15, 22, Oct. 6, 13, 20, 27; Nov. 3, 10, 17, 24, 5-7:30 p.m. • Learn a myriad of meditation techniques and discover which ones resonate with you. Meditations may include working with elements, the Four Worlds, breathing exercises, sacred letters, spiritual beings, movement, music, and more. Several guided meditations through the Tree of Life. $25/class. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Group Singing Bowl Bath with Antonio Sieira • Tuesdays, Sept. 17, Oct. 15, Nov. 19, 6-7:30 p.m.; Dec. 31, 1-2 p.m. • Experience sound and vibrations from 21 bowls to promote health, spiritual well-being, and prevent illness. Free blocked-up energy, calm the mind, delight the body and the emotions as you bathe in the rich harmonics of the individual voices of these beautiful bowls. $20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

The Awakened Heart with Barbara Brodsky, channeling Aaron, and assisted by Kathleen Ivanoff • Wednesdays, Sept. 18; Oct. 2, 30; Nov. 13; Dec. 4, 11, 7-9 p.m. • Using the book *The Awakened Heart*, all levels. From the book by Aaron, through a series of practices and exercises, to help more deeply open to the angel aspect of the self. $85-170. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Zen Meditation - Shikantaza - Japanese Soto Zen with Taikodo Marta Dabis • Sundays, Sept. 22, Oct. 27, Nov. 24, Dec. 22 • Jissoji Zen Ann Arbor practitioners welcome everyone to our regular meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center. Introduction available by request. Donations appreciated. Everyone is welcome. Contact Marta Dabis at (248) 202-3102; jissojizen@gmail.com or jissojizen.org.

Introduction to Meditation with the Senior Students of the Ann Arbor KTC • Thursday, Oct. 3, 7 p.m. • Whether you are interested in meditation as a spiritual path, or simply for its benefits as a way to reduce tension, cope with stress, and gain a more positive outlook, this class will help you start and maintain a regular sitting practice. The session will include instruction, meditation practice, and discussion. Free. Contact Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Fridays, Oct. 11, 18, 25, 6:30-10 p.m. • Learn to travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life. Become more deeply connected with ten different aspects of G-D and learn how to connect to the different energies of each aspect. $180 for all three sessions. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Pure Meditative Peace Classes with SevaLight • Sept. 27, Oct. 27, Nov. 22, Dec. 7, 3 p.m. • Find inner peace. Meditation can help you to be in charge of how you feel and it takes only a few minutes to practice each day. Includes a book and a follow-up appointment. $60/class. Bursary may be available. Contact SevaLight at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Course with SevaLight Retreat Centre • Sunday-Saturday, Oct. 13-19 • This is a course for the whole being - body, mind, and spirit. Bring peace, love, joy, and fulfillment to all aspects of your life. It can help you learn how to master your mind and energies in today's challenging world. Contact SevaLight at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

One-Day Zen Meditation Retreat with Zen Buddhist Temple • Saturdays, Oct. 19, Nov. 19, 9 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest—an interval of deepening, of slowing down, silence, and mindfulness. $60 includes lunch. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Overnight Introductory Meditation Courses with Zen Buddhist Temple • Friday-Saturday, Sept. 13-14, Dec. 13-14 • Geared toward out-of-towners or those who cannot make the Thursday night services, this overnight meditation practice is to introduce participants to meditation. $160. $120/students. Includes accommodation and breakfast. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Open Concentrated Meditation with Jewel Heart Instructors • Wednesdays, Nov. 6, 13, 20; Dec. 4, 11, 18, 7-8:30 p.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Free. Donations accepting. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Mindful Self-compassion Two-day Core Skills Training with Kristin Neff and Chris Germer • Friday-Saturday, Nov. 8-9, 9 a.m.-5 p.m. • This workshop is an opportunity for people to immerse themselves in some of the key practices and exercises of the full eight-week mindful self-compassion program. CEs available for Healthcare practitioners. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or aacfm.org.

Healing Ourselves and the Earth with Barbara Brodsky and Tavis Taylor • Saturday, Nov. 9, 10 a.m.-4 p.m. and Sunday, Nov. 10, 1-5 p.m. • The teachers will speak about healing ourselves and the Earth. We will use our own bodies and emotions as a base for this exploration. The days will be a mix of talks, experiential exercises, and time for Q&A. $65-195. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Day of Meditation with Jewel Heart • Saturday, Nov. 9, 8:30 a.m.-6 p.m. • Meditation is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This day of meditation, open to all experience levels and offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Free. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Sunday and Tuesday Online Meditation with Celeste Zygmont • Sundays, 11 a.m.; Tuesdays, 9 a.m. • Live streaming meditation. All you need is a willingness to observe with kindness the expressions of the self and be open to ever-present pure awareness. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Yin Yoga and Meditation with Triple Crane Monastery • Sundays, 1-2:30 p.m. • Starting with five minutes of Huayen warming up exercise, followed by 45 minutes of Yin yoga and 30 minutes of sitting meditation. Free. Contact Triple Crane at 757-8567; triple.crane@huayenworld.org huayenworld-usa.org/usa.

Mindfulness Meditation with the Ann Arbor Center for Mindfulness Teachers • Tuesdays, 6-7 p.m. • Please join us for this free, weekly drop-in meditation session open to anyone interested in learning and practicing mindfulness meditation. This secular meditation is for all levels of experience. Free. Contact Nancy at 649-2127; contact@annarborktc.org or annarborktc.org.

Meditation with Triple Crane Monastery • Tuesdays, 6-7:30 p.m.; Thursdays, 10-11:30 a.m. • Twenty minutes of stretching, 45-60 minutes sitting, followed by a short discussion. Open to all backgrounds and levels. Free. Donations welcome. Contact Triple Crane at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Shiva Meditation Life Sustaining Program with Swami Atmananda Saraswati • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation. The evening begins with chanting and a 20-minute silent meditation, followed by a group discussion or contemplation. The evening concludes with refreshments and social time. Donations accepted. Contact Kashi Nivas at 883-6947; atmananda@kashinivas.org or kashinivas.org.

Saturday Silent Meditation with Triple Crane Monastery • Saturdays, 8:30 a.m.-12:30 p.m. • Start with 30 minutes of stretching and three 50-minute sets of sitting meditation with ten minutes of walking in between. Free. Contact Triple Crane at 757-8567; triple.crane@huayenworld.org or www.huayenworld.org/usa.

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman and Drake Meadow • First Fridays, Sept. 6, Oct. 4, Nov. 1, Dec. 6, 7-9 p.m. • Originating in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. $5 donation. Contact Judy at (419) 475-6535; jltrautman@sbcglobal.net or sites.google.com/view/a2-toledodup/home.

Social Ballroom Dance: Beginner with Natalia Alexandrova • Tuesdays beginning Sept. 3, 7-9 p.m. • No matter how complicated it may look on television, you can ballroom dance. Whether you're a dancer with experience or someone who only dreams of dancing, this class can help you learn new steps to improve your style. $325/course. Contact Anne at 477-8943; astevenson@wccnet.edu.

Presentation Dancing with Natalia Alexandrova • Saturdays beginning Sept. 7, 1-3 p.m. • Experienced dancers will master the tools to transform dance steps into a finished dance. You will learn how to choreograph a dance, as well as introduce basic lifts, dips, and sways. You will learn how to create a dance routine, maximizing your strengths for a dazzling performance. $325/course. Contact Anne at 477-8943; astevenson@wccnet.edu.

Social Ballroom Dancing: Intermediate with Natalia Alexandrova • Saturdays beginning Sept. 7, 3-5 p.m. • Build on what you already know about ballroom dancing. Learn more complicated steps and improve your style in this intermediate class. $325/course. Contact Anne at 477-8943; astevenson@wccnet.edu.

Music, Sound, and Voice

Sound Healing Concerts with John Steinbauer • Sundays, Sept. 8, 15; Oct. 20; Nov. 10, 17; Dec. 8, 15, 7-9 p.m. • A two-hour sound bath of deep meditation. Rare crystal bowls, music from all over the world, and Reiki; orchestrated in peaceful harmony. John's concerts are based on Sustained Sound Therapy, where he plays the bowls continuously, changing the frequencies and tones harmoniously with the music. $20. Contact John at (248) 445-2590; john.energyinmotion@yahoo.com or enlightenedsoulcenter.com.

Singing for Comfort with Layla Ananda • Thursdays, Sept. 12, Oct. 10, Nov. 14, Dec. 12 • Please join us for an evening of peaceful, comforting singing. We will teach and lead songs that are easy to learn and sing, including some from the Threshold Choir repertoire. No experience necessary. Take some time away from life's stresses with these restful, soothing songs. Free. Contact Layla at 646-7405; layla_ananda@hotmail.com or thresholdofannarbor.org.

Integrative Breathwork with Linda Adamcz • Saturdays, Sept. 14, Nov. 16, 3-6 p.m. • A musical meditation for insight, emotional healing, creativity, and renewal. Can assist with life changes, grief/loss, job stress, burnout, trauma/abuse, depression, addictions, and finding meaning and purpose. $40. Contact Linda at (269) 388-2988; lindaadamcz@gmail.com or adamczassociates.com.

Crystal Singing Bowl Sound Journey with Verapose Yoga • Sundays, Sept. 15; Oct. 6, 20; Nov. 3, 17; Dec. 1, 15, 8-9 a.m. • Reconnect with your divine essence through the power of sound. Greet the sunrise with still minds and open hearts, as our awareness of nature and subtle energies is heightened. The tones from these sacred crystal singing bowls can lead one into a state of total relaxation in which healing and connection to a higher consciousness can take place. Please bring a yoga mat, blanket, and optional pillow and an eye mask, and arrive ten minutes early. $25. Contact Victoria at victoria@veraposeyoga.com or veraposeyoga.com.

Bent Tree Native American Flute Circle with Susan Forgie • Saturdays, Sept. 21, Oct. 19, Nov. 16, Dec. 21, 12:30-2 p.m. • Bent Tree Flute Circle offers you a place to develop your skills playing a Native American style flute, while learning from seasoned players. It is a safe space for all levels of flautists. $5-10. Contact Susan 717-1901; susan.forgie@gmail.com or lighthousecenterinc.org.

Gong Paradise with Verapose Yoga • Fridays, Sept. 27, Oct. 25, Nov. 22, Dec. 27, 7-8:15 p.m. • Complementary healing modality to help one cut through mental chatter. Through sympathetic resonance, the sound frequencies quickly bring the brain waves into alpha and theta states where meditation and deep relaxation are experienced. In this state of awareness, with intervals of silence, one is able to enjoy a more relaxed perspective, gain deeper insights and healing, and increased creativity. $28. Contact Victoria at victoria@veraposeyoga.com or veraposeyoga.com.

Finding Your Voice through Drum Voicing with Susan Forgie • Saturday, Oct. 5, 12:30-2 p.m. • Learn to express your personal tone or vibration that is healing sound and amplify it with the healing vibration of the drum frame. People without music or singing experience are especially encouraged to attend. Frame drums for singing and sounding will be provided. $20. Contact Susan at 717-1901; susan.forgie@gmail.com or lighthousecenterinc.org.

Multicultural Events

Russian for Travelers with Natalia Alexandrova • Saturdays, Sept. 7-Dec. 14, 10 a.m.-12 p.m. • Are you planning a trip to Russia? Or maybe you have always been intrigued by Russian culture. Learn about modern Russian language, culture, and landmarks. Develop oral communication skills (speaking and listening comprehension) and read common phrases and signs. Find out about Russian etiquette, social customs, history, culture, and arts. $325. Contact Anne at 477-8943; astevenson@wccnet.edu.

Chinese Food, Customs, and Culture with Frances Kai-Hwa Wang • Wednesdays, Dec. 4, 11, 18, 6-8:30 p.m. • Learn about the customs, traditions, and stories surrounding Chinese food and festivals. Learn why some Chinese eat dumplings at Chinese New Year, how to pick the freshest tofu, and how to put together a Chinese meal. Bring your best questions. First session is in the classroom, second is a field trip to a Chinese grocery store, and third session is a field trip to Frances' favorite Chinese restaurant. Contact Anne at 477-8943; astevenson@wccnet.edu.

"If a year was tucked inside of a clock, then autumn would be the magic hour."

– Victoria Erickson

Connecting Through Story

By Steve Daut

Artwork By Caitlin Muncy

Father Joe, then director of St. Louis Center in Chelsea, Michigan, once told me that when he was working with Mother Theresa distributing food to the poor, he became frustrated since the need always outstripped the supplies. "It was like throwing pebbles in the ocean," he said. "It would never result in filling all of the need." Mother Theresa replied, "Father Joe, we are not here for results, but for joyous connection."

Joyous connection is the very stuff of story. The rise of social media, the popularity of The Moth, TED Talks, and StoryCorps, all point to the importance of story in our daily lives. Story connects us to our shared history. Personal stories of life today are cathartic for the teller, and studies show that the brain relaxes when it makes a coherent narrative out of something chaotic. They can be healing for the teller and audience alike, but story has a much broader historical significance as well. It not only helps us to understand earlier events, but also to understand the hopes, beliefs, and dreams of those who lived through those events. Story is a gift of joyous connection sent to us from times past.

> Mother Theresa replied, "Father Joe, we are not here for results, but for joyous connection."

Story has driven the human experience in various forms during the entire sweep of recorded history. The Lascaux Cave in Southwestern France contains nearly 600 paintings and 1,400 engravings, dating back 17,000 years. These paintings tell stories of the natural word and of the hunt, as well as deeper stories of fantastical creatures and other products of human imagination. The earliest surviving tales are recorded in five epic poems about Gilgamesh, a Sumerian potentate who ruled around 2,500 B.C. Virtually every nation has developed a rich storytelling tradition that gets passed along from generation to generation. Some traditions developed independently, others were transported orally from one culture to another, and often there are themes that can be traced from story to story throughout the world.

So what is it that makes storytelling so important to us as human beings? Although psychologists agree that storytelling is central to the human experience, we can't claim to understand exactly what it is that story does for us. What I can tell you is that when I'm telling a story, it's a completely immersive experience for me. I lose myself in the narrator and the characters, and I feel myself becoming connected to the audience in a way that is truly a meditative experience.

The audience, on the other hand, only becomes connected to the story when the storyteller sets ego aside and gives the story as a gift to the audience. The gift a teller gives is permission to let the audience become immersed in the story and let it carry them into the story itself. A well-crafted and well-delivered story allows the listener to feel the pain and triumph of the characters. When you connect with the characters and the action of the story, you are really connecting your life to the lives of others. You begin to understand in a visceral way that others have the same experiences and feelings that you have, and that understanding strengthens the connective tissue between all of us. You may not be able to relate to the specific physical elements of the story, but if it is well crafted, the story will still speak to you.

How does that happen? How do stories connect to us? Every memorable story has two basic parts: one is the physical setting, actions, and results of the story; the other is the universal story embedded in those physical elements. For example, take the story of Robin Hood. The physical story is about a band of men who live in the forest and, led by the main character of the story, they steal from the rich and give to the poor. The Sheriff of Nottingham and his minions have obtained their riches by imposing taxes on people who can barely afford to feed and clothe themselves. The universal story is about seeking justice when those who have much take from those who have little. When we cheer Robin Hood for besting the Sheriff, we are really cheering the triumph of the little guy overcoming oppression by the powerful. It's a timeless story, built on the push and pull of what we value, and it has the power to heal society.

The universal theme of the oppressed versus their oppressors shows up in many stories that have endured through the ages. Cinderella overcame her evil stepmother and stepsisters with the help of a fairy godmother and a handsome prince. Aided by a good witch and the Wizard of Oz, Dorothy and her companions beat the Wicked Witch of the West by simply believing in themselves. We all want to believe that we can overcome our troubles with the help of a friend, or simply by believing in ourselves. Stories give us hope that we can make our lives better than they are.

In addition to stories about conflict, about us versus them, some of the most compelling stories are about fighting the demons within ourselves. As an example, there is a parable from Lithuania about a man who was given a preview of heaven and hell. Hell was seen as a huge banquet hall with the most wonderful food, and the condemned souls sat at the tables with utensils strapped to their hands. But the utensil handles were so long that the souls could not get the food to their mouths. They were condemned to seeing and smelling the most wonderful food for all eternity, but still starving because they could not feed themselves. Heaven was seen to be exactly the same scene—same humanity, same tools—but the souls had discovered that they could use the utensils to feed each other. Stories like this can help us understand how to become a community in service to each other.

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In fact, there is more than one storytelling community in Ann Arbor. These include The Moth, which has its own following and its own style. You can throw your name in the hat and if it is drawn, you tell a five-minute true personal story that fits within the theme for the week. Stories range from hilarious to heart-wrenching and they are given scores by volunteer judges from the audience. With StoryCorps, you reserve recording time at one of their studios. Although the closest studio is in Chicago, they also send around a mobile recording studio in an Airstream trailer, and you can watch for times when it will be in the area. Ann Arbor historian, and tour guide, Patti Smith periodically organizes a show she calls HERsay, which includes various types of performance focused around women's issues. All three of these venues are focused on sharing contemporary personal stories in an authentic and compelling way.

It's a timeless story, built on the push and pull of what we value, and has the power to heal society.

The Ann Arbor Storytellers Guild (AASG) is a group of people who enjoy telling and listening to stories of all kinds, not only true personal stories, but also tall tales, folk tales, and stories from literature. They offer numerous opportunities to listen and tell each month, and the stories and tellers are chosen in advance rather than by lottery. One of the monthly events is currently held at Crazy Wisdom on the second Thursday in September, December, March, and June. The AASG also offers coaching sessions and workshops for its members.

Whether you are new to storytelling or an old pro, there is a place for you to get involved. We all have a story to tell, and in Ann Arbor, there is a place, and a community of storytellers, waiting to welcome you.

Steve Daut is the President of the Ann Arbor Storytellers Guild. To learn more about the guild, becoming a member, or public events visit them on the web at annarbor-storytelling.org/AASG/newhome.htm.

Storytelling in Ann Arbor

Upcoming Ann Arbor Storytellers Guild Events

Thursday, September 12, 7-9 p.m. Story Night at Crazy Wisdom is back! You can also join them on December 12th. They meet every three months on the second Thursday (March, June, September, December). For a more complete listing of events each month, go to annarbor-stoytelling.org.

The Moth Ann Arbor

Storytelling nights happen on the second and fourth Tuesday of the month at Zingerman's Greyline, 100 North Ashley Street, Ann Arbor, Michigan 48104. Themes are announced in advance so you can plan a five-minute story and put your name in a drawing to be a storyteller that night. Grand Slam nights are held seasonally at The Ark, attracting sold-out crowds, so plan ahead and buy tickets early. Stories often get recorded for national broadcast. More information on The Moth Ann Arbor is available at themoth.org.

The Crazy Wisdom Calendar

continued from page 111

Multicultural Events , cont.

***The Search for General Tso* Film and Discussion with Frances Kai-Hwa Wang • Monday, Dec. 9, 6-9 p.m. •** Watch the Sundance Selects documentary film, "The Search for General Tso", as director Ian Cheney journeys from Shanghai to New York to the American Midwest and beyond to uncover the origins of this iconic dish, turning up surprising revelations and a host of humorous characters along the way. Local writer and educator, Frances Kai-Hwa Wang, will lead a guided discussion about the significance of this dish in our lives, the role of Chinese restaurants in American immigration history, and the question of when does Chinese food become American food? Everyone will leave with a recipe for General Tso's chicken and Frances' favorite local Chinese restaurant recommendation. Contact Anne at 477-8943; astevenson@wccnet.edu.

Naturopathy

Naturopathic Physical Medicine: Hands on Intro • Thursday-Saturday, Sept. 26-28, 10 a.m.-4:30 p.m. • Join as we learn and perform classical Swedish strokes, learn about clothed bodywork, and communications along with an orientation and practice of basic clinical skills. $350. Contact the Naturopathic School at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Holistic Pathology and Vital Signs with Mary Light and Daniela Lopez • Thursday-Saturday, Oct. 10-12, 10 a.m.-4:30 p.m. • From a holistic standpoint, a natural medicine and progressive bodywork practice, this module offers hands on training in basic vital signs, along with pathology of several body systems, hands on palpation methods. $350. Contact at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Nutrition and Food Medicine

Eighth Annual Taste of Health with Grass Lake Sanctuary • Saturday, Sept. 14, 11 a.m.-4 p.m. • Let food transform how you feel. Join us to taste and discover gourmet plant-based recipes, enjoy inspiring talks and demos in a peaceful nature setting, with raffles for healthy gift baskets, body care, cooking items, and more. $40. Contact Robin at tasteofhealthgls@gmail.com or tasteofhealthgls.org.

The Brunch Club with Liza Baker • Sundays, Sept. 22, Oct. 27, Nov. 17, 10 a.m.-2 p.m. • In this series we will combine the creation and sharing of a mindful, healthy meal with a holistic health topic and activity. Space is limited to six people. $185. Contact Liza at (310) 892-9485; liza@simply-healthcoaching.com or simply-healthcoaching.com.

Fermenting Fun with Deanne Bednar • Saturday or Sunday, Oct. 19, 20, 1-5 p.m. • Learn to make a wide variety of ferments, including sourdough wrap, dosa, kim chi, vinegar, mead, and butter, at the main house on Strawbale Studio land. Hands on class with take home starters. Optional tours of the thatched roof Strawbale Studio. $25-40. Contact Deanne at (248) 236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Witches' Night Out
AT CRAZY WISDOM

2nd Tuesday each month, 6:00 to 8:00 p.m

Join the Witches as we gather, drink tea, and chat!
We welcome all people who are curious, identify,
or just wander into the room!
We pick themes for each gathering
and there is a chance to chat,
learn, and simply be present.
$3.50 for a mug of
Witch Brew tea with free refills.
info@crazywisdom.net
or www.crazywisdom.net

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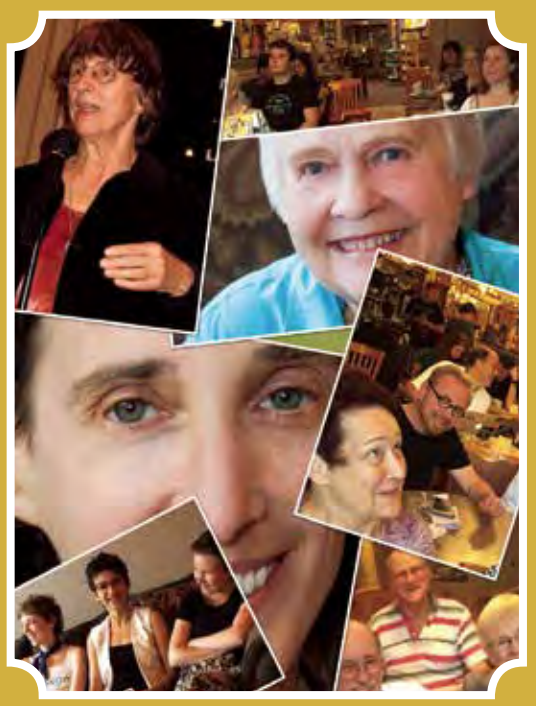
Ann Arbor Storytellers' Guild is delighted to announce...



Story Night is Back!

September 12th at 7pm

Tellers will be Beverly Black, Steve Daut, Jill Halpern, and Laura Lee Hayes

Storytelling has power. Much more than just talking about personal experiences, today's professional, passionate and playful storytellers can grab your attention and hold you spellbound with each word and each gesture.

Hosted by Steve Daut and Laura Lee Hayes

Mark your calendars and join us for Story Night in the Crazy Wisdom Tea Room on September 12, December 12th, March 12th, and June 11th

Where Do We Distribute The Crazy Wisdom Community Journal?

11,000 copies of The Crazy Wisdom Community Journal are distributed to more than 235 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, North Campus Commons, U-M, EMU, WCC, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, the Lighthouse Center, Jewel Heart, Tsogyelgar, Yoga Space, Michigan Theater, Seva, Zerbo's, Clark Pharmacy, the Dakota Building and the Weber Center.

We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Nutrition and Food Medicine, cont.

Kombucha 101 with Rachel Kanaan • Tuesday, Oct. 22, 5-7 p.m. • Learn to brew authentic, healthy kombucha tea. Cofounder and master brewer of Unity Vibration teaches the brew process, kombucha knowledge, and background of Unity Vibration. Bring a jar to receive your SCOBY. Contact Rachel at 623-3299; rachel@unityvibrationkombucha.com or unityvibrationkombucha.com.

Asian-Inspired Thanksgiving Cooking Class with Frances Kai-Hwa Wang • Thursday, Nov. 21, 6-9 p.m. • Drawing from a range of Asian culinary traditions, we will explore the possibilities of adapting traditional Thanksgiving favorites with a fusion twist. Learn a basic stir-fry technique, how to make your own homemade teriyaki sauce, and why it is important to have eight treasures. All dishes can be made vegan, vegetarian, and gluten free. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Chinese Winter Soups Cooking Class with Frances Kai-Hwa Wang • Thursday, Dec. 12, 6-9 p.m. • Fight the cold (and colds) of winter with warm Chinese medicinal soups and stews that cook fresh seasonal vegetables to preserve freshness and nutrition. Learn basic stir-fry and stewing techniques and how they developed in Chinese cuisine. Learn about ginger, garlic, turmeric, and other secrets of Chinese medicinal herbs. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Pagan Spirituality

Witches' Night Out • Second Tuesdays, 6-8 p.m. in the Crazy Wisdom Tea Room • Join the Witches as we gather, drink tea, and chat! We welcome all people who are curious, identify, or just wander into the room! We pick themes for each gathering and there is a chance to chat, learn, and simply be present. No cover. $3.50 for a mug of Witch Brew tea with free refills. For more information call 665-2757; info@crazywisdom.net or crazywisdom.net.

Fourth Annual Ann Arbor Pagan Pride Day with Ann Arbor Pagan Pride • Saturday, Sept. 14, 11 a.m.-6 p.m. • Join us for a day of celebrating Pagan pride in the broad Ann Arbor area. Ceremonies, vendors, and community gathering will be a part of this event. Free. Contact R. Henderson 277-1897; A2paganpride@gmail.com or annarborpaganpride.org.

Parenting

Circle of Security Parenting with Kristyn Driver and Jan Ulrich • Tuesdays starting Oct. 1, 7-8:30 p.m. • Learn to better understand your young child's behavior while supporting their ability to successfully manage emotions. Enhance the development of your child's self-esteem as you honor your innate wisdom and desire for your child to be secure. $240/eight weeks. Contact Kristyn at kristyntd@gmail.com.

Peace

Peace and Quiet Weekend Retreat • Saturday-Sunday, Dec. 7-8 • Spend some time in the peace and quiet, with lots of free time, and a silent Sunday morning. An optional Pure Meditation Foundation class is offered Saturday afternoon for an additional $60. Includes comfortable lodging and delicious home-cooked vegetarian meals and refreshments.$99/private room. Bursary available. Contact the SevaLight at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Personal Growth

Aging With Purpose with Sandra Berman • Thursdays, Sept. 12, 19, 26; Oct. 3, 10, 17, 24; Nov. 7, 6-8 p.m. • Encouraging inquiry into our deep sources of creativity and inner wisdom as we embrace midlife and beyond. Whether individuals are just starting out on the path of inner development or have spent years in exploration, the process promises increased awareness during the second half of life. $150/eight week series. Contact Sandra at 395-1106; sandberman@gmail.com.

Celebrating Community and Confronting Oppression: InterPlay and Theatre of the Oppressed with Agnotti Cowie and Kara Crutcher • Saturday, Sept. 21, 10 a.m.-5 p.m. • Delve into this workshop where we will use these creative tools to celebrate and honor our efforts in showing up for ourselves and each other in the face of oppression. We will also spend time collectively discussing ways we can refrain from being complicit in oppressive systems. No previous experience needed, just an open mind. $15-30/half day. $30-60/whole day. Those most affected by oppressive systems can come for free or discounted rate. Contact Lee at (231) 774-6146; leeriver@umich.edu or facebook.com/InterPlaySEMichigan.

Healthy Boundaries with Karen Greenberg • Sunday, Oct. 6, 12-4 p.m. • Learn how to define "Healthy Boundaries" for and with yourself, and how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. $55. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Dive Deep into Self-Expression through Interplay with Lee Edwards • Saturdays, Oct. 12, Nov. 9, Dec. 14, 11 a.m.-2 p.m. • Explore yourself, life, and the joy of creativity using interplay's powerful combination of movement, sound, spoken word, stillness, contact, and

self-reflection. Free your body and your voice, deepen the connection with your creative self. No experience necessary. $15-30. Contact Lee at (231) 774-6146; leeriver@umich.edu or meetup.com/interplayannarbor.

Change Your Thoughts Change Your Life with Dave and Pat Krajovic • Thursday, Nov. 7, 6-7:30 p.m. • When you change the way you look at things, the things you look at change. Examine how you create the very circumstances you prefer to avoid. Bring consciousness to your reactions. Experience the freedom of letting go. $30. Contact Pat at 416-5200; relax@bodyworkshealing-center.com or bodyworkshealingcenter.com.

Beyond Your DNA: Next Steps in Your Genetic Genealogy with Conrad Welsing • Thursdays, Nov. 14, 21, 6-8 p.m. • Explore the popular trend of DNA testing for individuals. In an easy to understand, casual presentation, you will explore the options and further work necessary to make your testing results even more worthwhile. Discussion and examples of current offerings will be a key component of the class. $39. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Exploring Happiness: Are You on Track or Taking a Detour? with Conrad Welsing • Wednesday, Dec. 4, 11, 6-8 p.m. • Explore the background and pressure intrinsic with the goal of happiness in society. We'll question myths, beliefs, and social norms about happiness. Specific actions and observations will be discussed, with students evaluating both the source and practicality of suggestions. $39. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Prosperity and Abundance

Attracting Prosperity with Jennifer Vanderwal • Sunday, Dec. 8, 11 a.m.-1 p.m. • The vibrational energy of crystals enhance infinite abundance by transforming poverty consciousness to prosperity consciousness. Learn what crystals will help you attract prosperity. Includes aromatherapy, feng shui, and prosperity meditation. $44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Doula Business Development Training with Patty Brennan • Saturday, Dec. 14, 8:30 a.m.-5 p.m. • Join us for a highly interactive one-day workshop focused on taking your service business to the next level. Topics include: thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting, and other implementation strategies. Learn from the author of *The Doula Business Guide*. $215. $195 early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Artwork by Logynn Hailley

Reiki

Free Night of Healing with Reiki with the Lighthouse Center • Thursdays, Sept. 12, Oct. 10, Nov. 14, Dec. 12, 7:30-9 p.m. • Experienced reiki practitioners, along with practitioners of reflexology and other healing modalities, offer their services for a love donation once a month. We will meditate first and then experience reiki for an hour. Donations accepted. Contact Patricia at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Usui Tibetan Karuna Seiryoku Reiki Level I with Jennifer Vanderwal • Sunday, Sept. 22, 11 a.m.-6 p.m. • Learn the gift of Reiki and help your friends and family to a better life. Learn the history of Reiki, how to feel energy, energetic protections, hand positions, crystals that work well with Reiki, and different symbols. Connect to Universal Life Force Energy; become attuned to the Usui Tibetan Karuna Seiryoku Reiki Lineage. $150. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

First Degree Reiki Training with Suzy Wienckowski • Saturday and Sunday, Oct. 12-13 • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment for yourself and others, and four individual initiations. Certificate awarded. $150. Contact Suzy at 476-7958; suzyreiki@aol.com.

Curious about Reiki? Introductory Talk with Suzy Wienckowski • Wednesday, Oct. 16, 7-9 p.m. • Suzy speaks on the Usui System of Reiki Healing. In this gentle, hands-on healing art Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Free mini-treatments will be offered. Free. Contact Suzy at 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Friday-Saturday, Nov. 8-9 • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Contact Suzy at 476-7958; suzyreiki@aol.com.

Usui Reiki Level II Certification with Jennifer Vanderwal • Sunday, Nov. 24, 11 a.m.-6 p.m. • Deepen your skills and effectiveness and get certified in Reiki Level II. Receive three new symbols, including the power symbol Choku Rei. Learn long distance healing, new hand techniques specific to the new symbols and crystals that enhance Reiki. Step into your power now and become the healer you know you are. $195. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks, and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Teachers, Lecturers, Workshop Leaders, and the Centers" and which starts on page 122.

The Crazy Wisdom Calendar

continued from page 115

Retreats

Happiness Rising! Claim Your Right to Joy! Retreat with Pat and Dave Krojovic and Amy Brusca • Friday-Sunday, Sept. 20-22 • Life is to be enjoyed, not a struggle to be endured. Let us guide you on a journey beyond time and space to touch the infinite. Experience profound love, peace, and unity. Leave behind the chaos of life and breathe in stillness. Connect with your true nature. Contact Pat at 416-5200; inspire@ascensionbreathing.com or ascensionbreathing.com.

Silent Retreat with the SevaLight Retreat Centre for Self Realization Meditation, Healing, and Counseling • Friday-Sunday, Sept. 27-29; Nov. 22-24 • Everyone of all faiths, traditions, and practices is welcome. This retreat offers simple delicious home-cooked vegetarian meals and comfortable, shared accommodations in a quiet country setting. $188/private room. Bursary may be available. Contact the SevaLight at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Yongmaeng Jeongjin (Intensive Retreat) • Wednesday-Sunday, Oct. 2-6 • Yongmaeng Jeongjin, which means "Fearless Practice", is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides a wonderful opportunity for discovering wisdom, mind, and developing a compassionate heart. It is usually reserved for practicing members, or for non-members, with serious meditation experience. Minimum attendance is two days. $60/day. $50/members. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Oakwood Fall Silent Vipassana Meditation Retreat with Barbara Brodsky, Aaron, and John Orr • Sunday-Sunday, Oct. 6-13 • We'll come together in silence to practice vipassana (mindfulness) and pure awareness meditation. We will explore living in the spaciousness of the awakened heart that is our true being. Registration deadline: Sept. 27. $875/shared room. $1,260/private room. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Faith that Time Forgot Retreat with Maryesah Karelon • Saturday-Sunday, Oct. 12-13 • This retreat will focus on material from the book *The Faith that Time Forgot: Discovering the Ancient Teachings of Christianity Through Jesus and Mary Magdalene* by Maryesah Karelon. The format will blend presentation, meditation, and discussion as the participants delve into an alternative perspective of Christianity based on a feminist viewpoint. $177. Includes meals but not overnight accommodations. Contact Maryesah at (269) 276-0270; maryesah@magdalenerose.org or magdalenerose.org.

Developing the Light Body Retreat with Karlta Zarley • Sunday-Wednesday, Oct. 13-16 • Join us as we learn about the Light Body, how to help it come into our physical bodies and how to help our bodies accommodate those changes as we walk our spiritual paths. We will be staying in a retreat center, eating organic, gluten and dairy free, vegetarian food that we will cook together. $383. Preregister by Oct. 1. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Happiness Is...with Nancy McCaochan • Friday-Sunday, Oct. 18-20 • If you're feeling stuck in your emotional or spiritual life, this retreat will provide tools and practices to experience significant expansion. The weekend will include yoga, meditation, visualization, group experience, divination, a drum journey, inspirational reading, and play. Come prepared to look inside, share, and increase your sense of enjoyment, no matter your yoga or meditation experience level. $108. Contact Song of the Morning at (989) 983-4107; office@songofthemorning.org or songofthemorning.org.

Seeing Higher Perspectives Retreat with Karlta Zarley • Saturday-Wednesday, Nov. 9-13 • Come to learn to see from higher and higher perspectives. How do you see things that you don't know are there? How do you reliably see from spirit's point of view? How can we practice this so that we are more confident, functional, and effective in our daily living? $525. Deposit due by Sept. 1. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Feldenkrais: Awareness through Movement with Judith Dila • Friday-Sunday, Nov. 15-17 • Expand your capacity for thinking, moving, feeling, and bringing your intention into action. Improve your posture, flexibility, coordination, and movement efficiency. Lessons are gentle, non-judgmental, non-competitive, and self-directed, so that each student progresses at their own pace. $125. Contact Song of the Morning at (989) 983-4107; office@songofthemorning.org or songofthemorning.org.

Advent Retreat with Pat Kozak • Sunday-Thursday, Dec. 1-5 • Begin the season of Advent in quiet time, reflection, and shared discussion while exploring what the Incarnation means for us today. $200/commuter. $325/shared room per person. $425/single room. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Christmas Celebration Silent Retreat with SevaLight Retreat Centre for Self Realization, Meditation, Healing, and Counseling • Tuesday-Friday, Dec. 24-27 • A truly spiritual way to celebrate the inner beauty of this holy time. Following the first meal, this retreat is held in silence, with ample free time to meditate. Contemplate, relax, and get in touch with the inner self. This small group retreat offers simple home-cooked vegetarian meals and comfortable accommodations in a quiet country setting. $247/private room. Private suite may be available. Bursary may be available. Wheelchair accessible lodging available. Contact the SevaLight at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

> **"The way to live in the present is to remember that 'This too shall pass.' When you experience joy, remembering that 'This too shall pass' helps you savor the here and now. When you experience pain and sorrow, remembering that 'This too shall pass' reminds you that grief, like joy, is only temporary."**
>
> **– Joey Green**

Shamanism

Journey Circle with Judy Liu Ramsey • Thursdays, Sept. 19, Oct. 17, Nov. 21, Dec. 19 • Please join us for shamanic journeying, which has been used for eons by cultures the world over to heal, to connect with the natural world, and to provide spiritual sustenance to individuals and communities. If you don't know how to journey, please contact Judy. $10-30/person. Contact Judy at 665-33202; ramsey.judy003@yahoo.com.

Healing Curses and Spells with Connie Lee Eiland • Saturday, Sept. 21, 10 a.m.-5:30 p.m. and Sunday, Sept. 22, 10 a.m.-4 p.m. • This class involves recognizing the importance of words and energy awareness for health and well-being. Participants will learn to recognize when curses are in place and how to remove them safely. Methods of healing

Karlta Zarley, RN, CHTP
Certified Healing Touch Practitioner

- Healing Touch Energy Work
- Multidimensional, Intuitive and Transformational Healing
- Spiritual Direction
- Neuro-Sensitives and those on the Autistic Spectrum
- Essential Oils Consults
- Flower Essence Master Formulas
- Workshop & Retreat Facilitator

Karlta Zarley, RN, CHTP
210 Little Lake Dr., Suite 7
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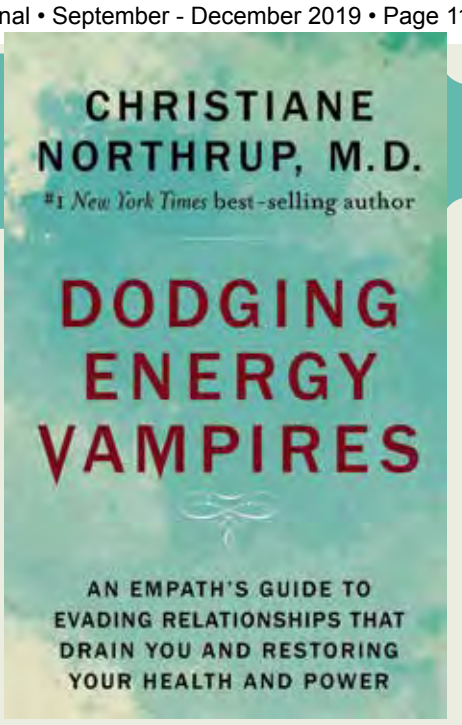
Book Review: Dodging Energy Vampires


CHRISTIANE NORTHRUP, M.D.
#1 New York Times best-selling author
DODGING ENERGY VAMPIRES
AN EMPATH'S GUIDE TO EVADING RELATIONSHIPS THAT DRAIN YOU AND RESTORING YOUR HEALTH AND POWER

By Catherine Carlson

This is Halloween season, and many of us love a good vampire costume, movie, or book. We might think that vampires are only the stuff of fantasy, but Dr. Christiane Northrup's latest book, *Dodging Energy Vampires*, discusses just how real energy vampires are. According to Northrup, these characters do exist among us, draining another's energy, and their primary relationships are with those who exhibit empathic personality traits.

Dr. Northrup is well known for her books on women's health, and this may seem like a departure for her, however, she maintains that in her experience this subject matter is an overlooked cause of issues in otherwise healthy patients. It has only been since the early 1990s that energy vampires became recognized by the mental health profession. People with vampire traits are also known as narcissists or borderline personality types.

Empaths are highly sensitive folks, typically compassionate, understanding, and helpful. On the other side of the spectrum is the energy vampire, someone who is not only unsupportive, but actually feeds off another's energy. These two opposites can easily come together as friends, family, partners, or co-workers. An energy vampire might not have fangs or avoid the sunshine, but they also might not be very easy to recognize at first—especially in a romantic relationship where they may present themselves as practically perfect.

An example of this is someone that flatters another, but underneath is actually quite manipulative. This energy vampire may downplay their wrong doings or refuse to take responsibility for their actions. They may then redirect their partner's focus by giving them compliments or gifts. In a empath/vampire relationship, the empath may find themselves doing the bulk of the work, and when they attempt to pull back on their load or interactions, the vampire partner will play into the other partner's emotions, making the empath feel as if they did something wrong. Another common relationship is the one-way street type, such as a friend or family member that only calls when they have a problem or want something, but they are never available when others are in need. Since the empath sincerely desires to help and believes that most people have well-meaning intentions, they are vulnerable and may not perceive what is really going on until they find themselves exhausted. Northrup states that once an empath awakens to the true nature of this type of relationship, that the crux of the problem lies in the empath's belief that with enough time and care, he or she can *change* the energy vampire, yet this is a mistaken belief.

The author gives a wonderful metaphor for the energy exchange with the example of mistletoe—a parasitic plant. In order to grow, Mistletoe most often requires a share of the tree's nutrient supply. This plant will usually take much more than it needs from the tree, and if the tree is not strong enough, its health will fail.

Northrup hopes people will read this book not as a straight path to healing, but as a "smorgasbord of techniques," choosing which ones work best for them. Her techniques appear to be well researched and tested. She cites several psychologists (experts on this particular subject) and what they have found that works and what does not. There is an array of different exercises from simple to complex, including imprint removal and a forty-day rebirth process. She also includes an enlightening "Causes of Health" chapter.

Opening the inside cover of this book says it all. It is covered in a subtle garlic bulb print. Northrup's hope in sharing the material in this book is that empaths will recognize themselves and take steps to bring their psyches and health back into balance, thus "transforming empathy into a superpower."

Catherine Carlson grew up in Ann Arbor and returned in 2014 to raise her family after many years living on both coasts. Her professional interests include aura-soma, astrology, and writing.

come from Peruvian, Hawaiian, and Tibetan shamanic practices. $180 by Sept. 7. $220 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Introduction to the Shamanic Journey with Kate Durda • Saturday, Sept. 21, Oct. 5, 10 a.m.-5 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a prerequisite for all advanced training. $75/early registration. $85 after. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Shamanism and the Spirits of Nature, Augury, and Elemental Healing with Stephanie Tighe and Kate Durda • Saturday, Sept. 28, 10 a.m.-5 p.m. • Prerequisite is knowing how to journey. We will learn about working with the spirits of nature for healing and knowledge by focusing on communicating with trees and plants, learning from them about the gifts they want to share with us. We will create personal plant bundles to honor the plant spirit that you connect with. Please dress for outside weather, bring a journal and pen, and bring a sack lunch. Tea, coffee, and snacks will be provided. $85 by Sept. 24. $95 after. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, Oct. 6, 10 a.m.-5 p.m. • Six-hour class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journey is with drums and rattles. $70 until Sept. 21. $80 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Shamanism, Death, and Dying with Connie Lee Eiland • Saturday, Oct. 12, 10 a.m.-6 p.m. and Sunday, Oct. 13, 10 a.m.-5 p.m. • Understanding that death is part of life impacts our living in a positive way. This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach this transition, a process known as psychopomp. $225 before Sept. 21. $240 after. Contact (517) 260-0116; ghidrahs@gmail.com.

Path of the Open Heart Shamanism Foundation Series: Lower World: Power Animals and Allies—Cosmology of the Shaman with Kate Durda • Saturday, Nov. 9, 10 a.m.-5 p.m. • In this first of three stand-alone sessions, you will practice the journey to the Lower World and work closely with your power animal(s) for direct inspiration, guidance, protection, and more. Explore and learn about the tradition of Power Songs, healing methods, shapeshifting, and more. $85 by Nov. 5, $95 at door. Contact Spirit Weavers at 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, Nov. 10, 10 a.m.-6 p.m. • Safety is important to the ability to work in partnership with your Healing Spirits. There will be experiential setting of sacred space and creating a group altar. We will also have individual and partnered journeys, and other exercises to progress this relationship building and safety. $80 before Oct. 21. $110 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Path of the Open Heart Shamanism Foundation Series: Upper World: Teachers and Guides—Cosmology of the Shaman with Kate Durda • Saturday, Nov. 30, 10 a.m.-5 p.m. • In this session you will experience the Upper World, a realm of spiritual enlightenment and truth, and the realms of spiritual teachers. Learn a cross-cultural healing ritual for self, remember more about your true self and who you are in this lifetime, and discover or strengthen your working relationship with your Upper World guides. $85 by Nov. 26, $95 at door. Contact Spirit Weavers at 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Spiritual Development

The Sound of Soul: HU Chant and Contemplation at Crazy Wisdom • Fridays, 6:30-7:15 p.m. • HU is an ancient name for God that can spiritualize the consciousness in order to get the understanding, wisdom, and strength to meet the waves and challenges of life. Singing HU can open the spiritual eye to allow conscious awareness of the Audible Life Stream, the Light and Sound of God. Twenty-minute group chant followed by contemplation and conversation. Free. Contact John at 320-2010; tutdebon@gmail.com or meetup.com/spiritual-growth-meetup/.

Pope Francis' Impact: The Church, the USA, and the Global World with Massimo Faggioli • Friday-Saturday, Sept. 13-14 • Pope Francis has marked the Catholic Church in new ways. Lectures in this program explore his impact on the Catholic Church and the world, paying close attention to the relationship between him and the US Catholic Church. $80/commuter. $125/double occupancy. $175/single. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Introduction to Pathwork with Tess Kirby • Sunday, Sept. 15, 1-2:30 p.m. • Pathwork teachings are a contemporary approach to spiritual growth which offers practical guidance to help navigate the twists and tangles along the way to our deep connection, safety, and Divine Wisdom of our real selves. Free. Contact Tess at 646-8908; tesskirby@provide.net or greatlakespath.org.

Series: Jesus in a Global World with Annelise Sinnott • Tuesdays, Sept. 24, Oct. 1, 1:30-3 p.m. • What does it mean to be a disciple of Jesus in today's global world? What has caused the rise of the white, western Jesus. Explore Him in a different context. September topic is A Latin American Jesus: How do Christians in Latin America relate to Jesus of Nazareth? October topic is An Asian Jesus: Jesus was born and lived in Asia, take the time to look at Jesus the way He is in His roots, an Asian. Donations accepted. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Nature as Teacher, Mentor, and Model with Gloria Rivera • Saturday-Sunday, Sept. 28-29 • As human beings we are the only species capable of self-reflection. Reconnecting with Nature or connecting at a deeper level welcomes a wise companion to our spiritual journey. Spend time outside to explore how nature can deepen your spiritual journey. $50/commuter. $85/double occupancy. $125/single. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Spiritual Development, cont.

Overcoming Obstacles to Spiritual Growth/Bringing Spirituality into Daily Life with Pranaba • Monday, Oct. 14, 7-8:30 p.m. • Pranaba will be visiting Michigan and talking about how we can overcome the obstacles on our spiritual path, which inevitably appear at times. He will also incorporate how we can bring our spiritual practices into our daily lives and daily interactions with others. $20. Contact Mike at (517) 652-9347; mike@limauro.com or Lighthousecenterinc.org.

Making Meaningful Change: How God's Love Can Change Your Life and the World with Mark McCurties • Thursday, Oct. 17, 7 p.m. • We live in a world where millions of people are striving to make a change for the better. So, in a world seeking positive change, how do we make sure that such change actually happens? Speaker Mark McCurties says, "We all have a natural desire to improve ourselves and the world around us. In my own life, I've found that letting God, divine Love, guide and direct my efforts brings permanent and meaningful results." Contact Tempie at 426-3361; tempiedell@chartermi.net or christianscienceannarbor.com.

Monthly Midrash Study with Karen Greenberg • Begins Monday, Sept. 16, 6:30-9:30 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory. It is rich, colorful, detailed, and elucidates complexities that lend themselves to a much deeper comprehension and thus more sensitive codes of behavior toward humanity and all living things. $150/month. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Connecting With Archangels with Karen Greenberg • Sundays, Oct. 20, 27; Nov. 3, 1-4:30 p.m. • Become acquainted with the various Archangels represented in the Sephirot Spheres in the Tree of Life. Learn who the Archangels are, what they do, and whom to call on for particular assistance and how to safely call upon them. $180. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Lightworker Activation with SANDYA—Sandra Shears • Wednesdays, 7 p.m. • As a Lightworker or World Server, you have incarnated at this time in order to facilitate the transition into the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. $100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Lightworker Development with SANDYA—Sandra Shears • Third Fridays. Individual set-up the previous week • Group lightwork with current spiritual, astrological, and energy events - includes energy adjustment and activation with a sound attunement. Ongoing commitment required. $100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Stress Management

Embracing the Peace Within You with Melanie Fuscaldo • Wednesday, Sept. 4, 12-1:30 p.m. • Tune in to messages from body, mind, and spirit to learn effective strategies to enhance well-being, identify unique stressors, and leave with coping strategies to enhance effectiveness. Please RSVP. $30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Storytelling

Story Night with the Ann Arbor Storytellers' Guild at Crazy Wisdom • Thursdays, Sept. 12, Dec. 12, 7-9 p.m. • Ann Arbor Storytellers' Guild members host a lively program of stories for grownups. Enjoy yummy desserts, exotic teas, or light supper, all available for purchase, while listening to the old tales and personal stories as well. Free. Donations accepted. Contact the Guild at mail@stevedaut.com or annarborstorytelling.org.

Ann Arbor Storytellers' Monthly Guild Meeting • Sundays, Sept. 22, Oct. 27, Nov. 24, 2-4 p.m. • Meetings always start with stories, and then, more stories! Listeners and tellers welcome. Free. Contact the Guild at mail@stevedaut.com or annarborstorytelling.org.

StoryFest: Stories for Grown Ups with Members of the Ann Arbor Storytellers' Guild • Saturday, Oct. 13, 2 p.m. • 28th annual storytelling concert. Celebrate this ancient form with us as we share stories to wow and woo you, amaze and amuse you, and connect and convince you. For adults and teens 14 and older. Contact Beverly at 665-4312; bevblack@umich.edu or annarborstorytelling.org.

Tai Chi, Martial Arts & Self Defense

Primordial Qigong and Tao Yin Qigong with Steven Sy • Saturday-Monday, Oct. 19-21 • Primordial Qigong is a short qigong form that opens your heart center and accelerates spiritual development. Tao Yin Qigong is a set of floor exercises designed to keep the body in a youthful state. $375. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Tai Chi Beginners with Master Young and Sifu Carey • Mondays/Thursdays, 10-11:15 a.m.; Tuesdays/Thursdays, 7:15-8:30 p.m. • T'ai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form focuses on self-cultivation, integrates both physical and mental energy mechanics, promotes relaxation, and builds a sense of presence and awareness. T'ai Chi is often characterized as a moving meditation. Register for one class, and you can attend all four sessions per week at no extra cost. $195. Contact Wasentha at 741-0695; wasentha@peacefuldragonschool.com or peacefuldragonschool.com.

Wu Style Tai Chi Chuan with Genie Parker • Mondays 11 a.m.-12:30 p.m., 6-7:30 p.m.; Wednesdays and Thursdays, 6-7:30 p.m.; Sundays, 4-5:30 p.m. • Wu Style Tai Chi Chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45/month for one class/week, $70/two or more classes/week. Student, senior, and family rates available. First class free. Contact Genie at (248) 229-1060; wustyleannarbor@gmail.com or wustyle-annarbor.com.

Tai Chi for Mobility Maintenance and Multi-Level Tai Chi with Karla Groesbeck • Mondays, 1:30-2:30 p.m.; Tuesdays, 9:30-11 a.m. and 6:40-7:40 p.m.; Wednesdays, 9-10:30 a.m.; Thursdays, 9:30-11 a.m.; Fridays, 1-2 p.m. • Yang Tai Chi and Qigong classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. These are peaceful, flowing, low-impact exercises, well suited for calming, centering, and mobility maintenance. Prices vary. Seniors free. Contact Karla at 325-4244; info@taichilove.com or taichilove.com.

Chen Tai Chi Ch'uan with Joe Walters • Mondays, Thursdays, 5:30-6:30 p.m., Saturdays 10-11 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness. Instruction in stance training, silk-reeling exercises, and Chen forms. $10/visit. $85/month. First class free. Contact Joe at annarbortaichi@gmail.com or annarbortaichi.com.

Morning Tai Chi with Master Sang Kim • Monday through Friday, 7-8:30 a.m. • Happiness is not a circumstance, it is a cultivation. When you practice Tai Chi, you get to know a part of you that was hidden and you have been looking for all your life: the power and potential that your mind and body are really capable of. $225/month. Contact at 531-8796; info@sunshen.org or sunshen.org.

Tai Chi with Diane Evans • Tuesdays, 9 a.m.; Wednesdays, 10 a.m.; and Thursdays, 6 p.m. • Tai chi classes at varying levels including a beginner group and continuing for those with more experience. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Tai Chi Pushing Hands with Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive Tai Chi training which helps you experience the world in a nonreactive and calm way, find freedom and power within yourself, and interact with others without compromising yourself. $70/month, $21/drop-in sessions. Contact at 531-8796; info@sunshen.org or sunshen.org.

Tai Chi for Arthritis with Jan Katz • Thursdays, 1-1:50 p.m. • Medical studies have shown this particular program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. $55/month or $17/drop-in sessions. Contact at 531-8796; info@sunshen.org or sunshen.org.

SUN SHEN Basic Tai Chi Form with Alexis Neuhaus • Mondays, 6-7 p.m. • Build a solid foundation in Tai Chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 Form. As you learn the sequence and details of the Form, you will experience the calm, effortless power which comes from relaxed focus. $55/month, $17/drop-in sessions. Contact at 531-8796; info@sunshen.org or sunshen.org.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • From the slow Tai-Chi form, which activates balance and calm, to playful Pushing Hands, which gives safe, gentle outlet to explore themselves, to meditation techniques which they can use in the classroom and at home. This class invites kids to learn about themselves and introduces them to skills that will bring them a lifetime of happiness. Available to children from 5-17. $70/month, $21/drop-in sessions. Contact at 531-8796; info@sunshen.org or sunshen.org.

Martial Arts Classes with Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, contact 761-6012; hv-aikido.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the way of harmony with nature or universal energy." Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children's classes offered also. Contact 662-4686; aikidoyoshokai.org.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact 994-3620; a2amas.com.

Tarot & Divination

Drop-in Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • Rebecca has been a tarot reader at Crazy Wisdom for over ten years and worked in the healthcare field for over 20 years. She is now training in other healing modalities, like crystal healing and Rahanni Celestial Healing, that treat the whole being. $2/minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-in Intuitive Tarot Readings with Gail Embery • First and Third Fridays, 6:30-9:30 p.m.; First and Third Sundays, 3-6 p.m. at Crazy Wisdom • Gail Embery has many years of experience as a Tarot Reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed professional counselor. $2/minute. Contact 655-7694; emberyg@yahoo.com or readingswithgail.com.

Tarot and Palmistry Readings with Annette Bowman • 2nd and 4th Wednesdays of each month, from 6-9 pm, at Crazy Wisdom • $2 per minute. Annette is an intuitive reader who uses Tarot cards and palmistry to provide spirit guided consultations. For more information, 734-355-2326 or bowmanannette@gmail.com

Tea Events

Tea with the Fairies at Crazy Wisdom • Thursday, Oct. 24, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. $12. Contact Stevie at stevie@crazywisdom.net.

Theater

Black Cat Cabaret with the Neighborhood Theatre Group • Friday and Saturday, Oct. 18-19, 8 p.m. Family friendly matinee Oct. 19 TBD • We are thrilled to bring back *Black Cat Cabaret* this Halloween session. This "spooktacular" evening of theatre and song is sure to get you in the Halloween mood. Featuring a full bar, raffle, and a costume contest. $7-15. Contact Alice at neighborhoodtheatregroup@gmail.com or ntgypsi.org.

A Man for Christmas with the Neighborhood Theatre Group • Friday-Sunday, Dec. 13-15 • You'll laugh, you'll cry, you'll fall in love. Don't miss what NTG has for you this holiday season. $7-10. Contact Alice at neighborhoodtheatregroup@gmail.com or ntgypsi.org.

Women's Health

WomanSafeHealth Open House with Kristin Whitfield • Mondays, Sept. 23, Oct. 14, Nov. 18, Dec. 16, 4-5 p.m. • Join us at WomanSafeHealth for Acupuncture Happy Hour and Woman Advocacy Orientation. Meet Kristin Whitfield and receive complimentary acupuncture in our relaxing community room with light refreshments. Free. Contact Emma at 477-5100; info@womensafehealth.com or womensafehealth.com.

Woman's Nature Renewal Retreat with Gaylyn Kaufman, Deanne Bednar, Corinne Denomme, and Debbie Henderson • Friday-Sunday, Sept. 20-22 • We come together to explore a deep connection to nature, self, and others. This is a weekend of nourishment, exploration, and compassion. We will take time for renewing, immersing in nature, and slowing down. We will experience creating a sacred space, silent forest walks, eco art play, enjoy good food, and gentle company. $130-200. Contact Gaylyn at (586) 260-4921; gaylyn777@gmail.com or strawbalestudio.org.

Work & Right Livelihood

Doula Business Development Training with Patty Brennan • Saturday, Dec. 14, 8:30 a.m.-5 p.m. • Join us for a highly interactive one-day workshop focused on taking your service business to the next level. Topics include: thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting, and other implementation strategies. Learn from the author of *The Doula Business Guide*. $215. $195 early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Writing and Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Second Wednesdays are poetry workshop nights. All writers are welcome to share and discuss their own poetry and short fiction. Sign up for new participants begins at 6:45 p.m.
Fourth Wednesdays have a featured reader for 50 minutes and then open mic for an hour. All writers are welcome to share. Sign up begins at 6:45 p.m. Free. Contact Ed at 668-7523; eacmorso@sbcglobal.net or cwcircle.poetry.blog.

Sept. 25 • Jenifer DeBellis, M.F.A. is the author of the poetry collection *Blood Sisters,* founding director of a RIFT Warrior Project, and editor of *Pink Panther Magazine.* She directs the Detroit Writers' Guild. A former Meadow Brook Writing Project fellow, she teaches writing for Saginaw Valley State University and Macomb Community College.

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Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sundays, Sept. 22, Oct. 27, Nov. 24, Dec. 22, 1:15-2:45 • We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Free. Donations welcome. Contact Marta at 248-202-3102; jissojizen@gmail.com or jissojizen.org.

Artwork by Ani Daher

Worlds Open Up at the Touch of a Pen with Tarianne DeYonker • Saturday, Oct. 12, 10 a.m.-3 p.m. • From your writing space open up worlds of imagination and exploration. Feeding our creative spirit by gathering with other writers can stimulate such amazing results. Come and be invigorated by your own writing and by listening to others' writing. This workshop is appropriate for beginning and experienced writers. $50. Includes lunch. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Writing the Stories of Your Life with Frances Kai-Hwa Wang • Saturdays, Nov. 2, 9, 16, 9:30 a.m.-12:30 p.m. • Everyone has interesting stories to tell, but not everyone knows where to begin. Whether you want to write a memoir for your loved ones,or you want to make sense of your life stories, why not start here, one word, one story at a time? Short writing and reading exercises, tips and tricks, overcoming barriers to writing, taking chances with emotion and creative expression, remembering the past, and making sense of the present. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Seeds for the Season with Tarianne DeYonker • Saturday, Nov. 30, 10 a.m.-3 p.m. • Each autumn as our plants let go of this year's life, many leave behind seeds containing new life for a new season. This writing workshop will allow writers to create seeds for their continued writing long after the workshop ends. We will write together, listen to each other's writing, and give feedback of the strengths we hear in their writing. In a supportive environment, writers develop. Some even surprise themselves. All levels welcome. $50. Includes lunch. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Writing to Change the World with Frances Kai-Hwa Wang • Saturday, Dec. 7, 9:30 a.m.-3:30 p.m. • Write about the issues that matter to you. Write to touch, inspire, move, persuade, and provoke readers to action. This course explores the kind of writing that changes people and saves the world. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Centering for Creative Writing with Tarianne DeYonker • Saturday, Dec. 7, 10 a.m.-3 p.m. • Whether you write as an artistic expression, as a way to communicate your thoughts and feelings or for healing, you can join others who write for the same diverse reasons. This group of writers will support you and your work. Why not give yourself the gift of time away from your routine to write and receive supportive feedback on it. All levels welcome. $50. Includes lunch. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Ethical Wills with Frances Kai-Hwa Wang • Saturday, Dec. 14, 9:30 a.m.-12:30 p.m. • Traditional wills distill our lives to a balance sheet of assets and liabilities, but they do not fully capture the legacy of our values and experiences, our hopes and dreams that are the things we really want to pass down to our loved ones. Learn about ethical wills or Legacy Wills and begin writing a love letter to your family that can be shared now and then treasured forever. As important for families with young children as for those with grown children or grandchildren. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

On September 1, 2019,
the Crazy Wisdom Calendar
will be available on our website:

www.crazywisdomjournal.com

Rachel Leah Gerson is a metaphysical practitioner and the creator of Doorway to Self, LLC. It is through Doorway to Self that she hinges together metaphysical tools and counseling techniques to guide others toward fully understanding their whole selves. She believes that if you're human, you're psychic, and psychic energy plays a huge part in our mental, emotional, spiritual, and physical health. Gerson offers psychic education and training, and one-on-one metaphysical inner guidance, as well as workshops and day retreats. She seeks to help people better understand their personal psychic abilities, how their energy works, and their all-powerful higher selves. Gerson brings Doorway to Self sessions and workshops to Ann Arbor once a month and also offers online video sessions. You can find Doorway to Self (@doorwaytoself) on Facebook and Instagram, and you also receive weekly updates about the energies happening in our world by signing up for her email list through her website at doorwaytoself.com.

Writing and Poetry, cont.

Finding the Writer Within with Frances Kai-Hwa Wang • Sundays, Oct. 1-Dec. 15, 12-2 p.m. • To help writers continue to develop a regular writing routine or writing practice. Short timed writing exercises, writing tips and tricks, creating the space for writing, sharing our writing aloud, and weekly discussions regarding how to keep writing every day while continuing to work on craft, style, voice, detail, emotion, humor, and heart. Contact Anne at 477-8943; astevenson@wccnet.edu or wccnet.edu.

Wellspring Creative Writing Workshop with Julie Mariouw • Tuesdays, Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29; and Thursdays, Sept. 5, 12, 19, 26; Oct. 3, 10, 17, 24, 6:30-9 p.m. • Eight-week writing workshops. Bypass your inner critic; access subconscious material; develop your natural voice; tap into the healing power of writing. $230. Contact Julie at 730-6175; julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

Yoga

First Friday Happy Hour Yin Yoga with Verapose Yoga • Fridays, Sept. 6, Oct. 4, Nov. 1, Dec. 6, 6 p.m. • Yin yoga is the perfect balance for our fast paced "yang-style" lives. We open the body as well as turn inward to cultivate an awareness of ourselves. Perfect for beginners. $5. Contact Courtney at 388-6062; veraposeyoga@gmail.com or veraposeyoga.com.

Yoga Teacher Training 200RYT with Verapose Yoga • Begins Saturday, Sept. 14 • Whether you're looking to become a teacher or broaden your practice, we will support your goals and guide you through your yogic journey. With small class sizes, we are able to support our students with love and compassion. We are registered with the Yoga Alliance. $3,200. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Verapose Open House and Peace Pole Dedication with Verapose Yoga and Meditation House • Friday, Sept. 20, 6-9 p.m. • Join in celebration as we dedicate our new peace pole in ceremony. Enjoy food, music, art, and prizes. Open to the public. Free. Contact Victoria at victoria@veraposeyoga.com or veraposeyoga.com.

Partner Yoga Workshop with Verapose Yoga • Saturday, Oct. 19, 7-9 p.m. • Grab your partner and join us for a special Sweetest Day class. $10/first timers. $18/regular. Contact Courtney at 726-0086; veraposeyoga@gmail.com or veraposeyoga.com.

Burn it off! Post Thanksgiving Yoga with Verapose Yoga • Friday, Saturday, or Sunday, Nov. 29, 30; Dec. 1 • Need to re-energize after the holiday? Join us for a spirited yoga class designed to burn calories and energize the mind and body. $10/first timers. $18/regular. Contact Courtney at 388-6062; veraposeyoga@gmail.com or veraposeyoga.com.

Open Level Yoga with Michele Bond • Sundays, 4-5:30 p.m., Thursdays, 6-7:30 p.m., Saturdays, 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an open-hearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. $14/pre registered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Classical Hatha Yoga with Triple Crane Monastery • Mondays, 10-11:30 a.m.; Wednesdays, 6-7:30 p.m. • Start with a five-minute warm-up exercise, then one hour of custom yoga poses. Class emphasizes incorporating one's body movements and breathing. Primarily focused on physical discipline, body strengthening, increasing vital life force, and calming one's mind. Free. Contact Winnie at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Yoga Classes at The Yoga Room with Christy DeBurton • Mondays, 4:30-5:30 p.m., 6-7:15 p.m.; Tuesdays, Thursdays, 9:30-10:45 a.m., 4:30-5:30 p.m., 6-7:15 p.m.; Saturdays, 8:30-9:45 a.m. • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Hatha Yoga with Kashi Amma • Mondays, 7-8:30 p.m. • This class uses quieting yoga sequences to help destress and restore the body. The movements calm the nervous system and bring subtle energies back into balance. Please bring a yoga mat. $15. Contact Kashi Nivas Shiva Meditation Ashram at 883-6947; lalitananda@kashinivas.org or kashinivas.org.

Compassionate Yoga with Mary Seibert • Tuesdays, 5:15-6:15 p.m. • Hatha Yoga is appropriate for beginners and seasoned students. Emphasis on mindfulness, breath, postures, strength, and balance. $13/registered. $15/drop-in. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

Crazy Cheap Yoga with Irene's Myomassology Institute • Tuesdays, 5:30 p.m.; Thursdays, 3:30 p.m., 5:30 p.m. • These are great classes for someone wanting to get started with yoga, as well as those who have practiced for years. These all-levels classes can challenge yogis while being modified for beginners. Open for anyone who wants to attend. $5/class. $36/12 classes. Contact Student Records at (248) 350-1400; contact@irenes.edu or irenes.edu.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • For those new to yoga, or new to this system, learn Universal Principles of Alignment that are an invaluable aid

to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. $14/registered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Class with Zen Buddhist Temple • Tuesdays, beginning Sept. 10 and Oct. 29, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization, and combine that experience with meditation training. $60/all six sessions. $12/session. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Gentle Yoga with Erica Dutton • Wednesdays, 10:30-12 p.m. • Class starts with a half hour of silent meditation followed by an hour of gentle yoga. Iyengar Yoga for all levels, no experience necessary. Gentle enough for those with back and other body issues. Please bring a yoga mat and wear loose clothing. $10-20. Contact Erica at 417-4385; eld0306@yahoo.com or enlightenedsoulcenter.com.

Yoga for Athletes with Michele Bond • Wednesdays, 6-7:30 p.m. • Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. $14/preregistered. $18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Iyengar Yoga with David Rosenberg • Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays and Sundays 10-11:30 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of wellbeing, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $99/eight classes. Contact David at 646-4195; massage4@aol.com or aareced.com.

Restorative Yoga with Kashi Amma • Thursdays, 6:30-8 p.m. • Designed to soothe and refresh the body and soul using props and guided meditation. Please bring a yoga mat. $15. Contact Kashi Nivas Shiva Meditation Ashram at 883-6947; lalitananda@kashinivas.org or kashinivas.org.

Yoga Happy Hour: Basics and Restorative with Michele Bond • Fridays, 6-7 p.m. • Relax in our peaceful, serene setting as you discover the joys of Restorative Yoga. Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. $11/registered. $13/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Inward Bound Yoga at Friends Meetinghouse • Variety of approaches to yoga, including Hatha, Ashtanga, and several flow classes coordinated with music. For class descriptions and fees, see website: ibyoga.com.

Yoga Classes at The Yoga Space • Various class times • Offering beginner, intermediate, advanced, and senior classes. Most classes are an hour-and-a-half. Contact Sue at sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Yoga Classes with Imagine Fitness • Mondays, 9:15 a.m and 6 p.m.; Tuesdays, 6 p.m.; Thursdays, 11 a.m.; Fridays, 12 p.m. • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals—proceeds help the homeless animals in our community. $10. Tenth class free! Contact at 661-3530; humaneed@hshv.org or tinylions.org/yoga.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops and ends in the full light of the new day. Mixed-level practice. $14/registered; $18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine at Nine with Michele Bond • Thursdays, 9-10:15 a.m. • Includes the goodness of the original Rise and Shine class but at a later hour. $14/registered; $18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Artwork by Ani Daher

Crazy Wisdom Poetry Series

Crazy Wisdom Tea Room hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry.
Sign-up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured Readers

September 25 - Jenifer DeBellis, M.F.A., is author of the poetry collection *Blood Sisters*, founding director of aRIFT Warrior Project, and editor of *Pink Panther Magazine*. She directs the Detroit Writers' Guild. A former Meadow Brook Writing Project fellow, she teaches writing for Saginaw Valley State University and Macomb Community College.

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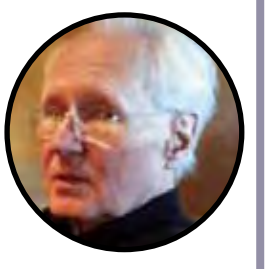

December 4 - George Tysh has received fellowships from the National Endowment for the Arts and the Kresge Foundation. His 11 books of poetry include *The Slip* (2015) and *The Imperfect* (2010), with a new collection, *Twisted Flesh*, forthcoming in 2020. He teaches film studies and poetics at College for Creative Studies in Detroit.

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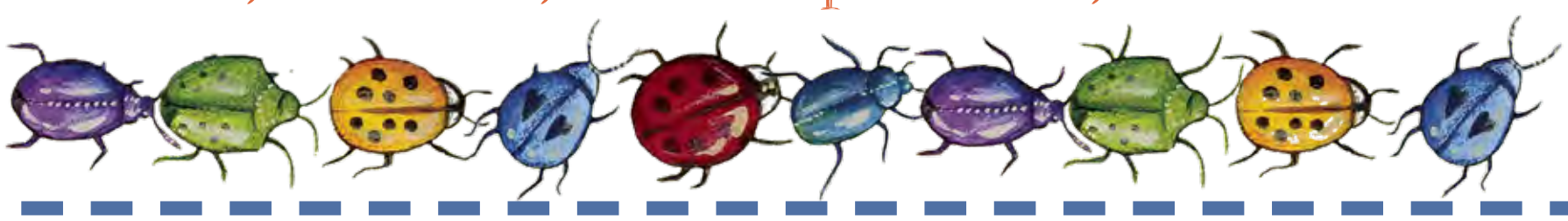
CRAZY WISDOM POETRY CIRCLE

The Poetry Series is open to all.
There is never a charge.

Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor
734.665.2757 crazywisdom.net
cwpoetrycircle.tumblr.com

Teachers, Lecturers, Workshop Leaders, and the Centers



Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime he was a vipassana meditation master, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

Lisa Abrams has been meditating for 22 years. She has a M.A. in Public Policy. She is also a reflexologist, yoga practitioner of yoga nidra and pranayama.

Linda Adamcz, MSW is a Certified Practitioner of Integrative Breathwork and Psycho-Spiritual Integration. She has worked in the mental health field for over 30 years.

Nia Aguirre, ND, is a board certified Naturopathic Doctor, Ayurvedic Counselor, and Marma Point Practitioner.

Layla Ananda is a musician, therapist, teacher, and student of spiritual traditions. She is a member of the Threshold Singers of Ann Arbor, and loves to sing peaceful, healing songs.

Ann Arbor District Library (AADL) Ann Arbor's public library serving the community of the Ann Arbor School District.

Ann Arbor KTC Tibetan Buddhist Meditation Center is part of the 900-year-old Karma Kagyu lineage led by His Holiness, the 17th Gyalwang Karmapa, Ogyen Trinley Dorje, and is dedicated to the enlightenment of all beings. Ann Arbor KTC celebrated its 40th anniversary in 2018. The Center offers regular meditation practice and instruction, and is open to anyone interested in taming and training their mind through the Buddhist path.

Marcia Bailey, MA, PhD has taught yoga since 1999. She is a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, Certified Transformational Breath Facilitator, and Senior Trainer with the Transformational Breath Foundation.

Liza Baker is a certified holistic health coach, professionally trained chef, cookbook author, and mother of four. She loves to share her passion and knowledge with others and at Simply-HealthCoaching.com.

Lori Schuck Barresi is a certified Masters of Wisdom meditation teacher and certified life coach. She is nationally recognized for her work with individuals, groups, and corporations through personal teachings, retreats, workshops, and lectures. She has studied with Marianne Williamson, Deepak Chopra, Wayne Dyer, Gehlek Rimpoche, David Simon, Jean Houston, Eckhart Tolle, Davidji, and more.

Deanne Bednar, MA has taught middle school art for 28 years, and sustainable future classes for 15 years. She is the coordinator and teacher at Strawbale Studio, focusing on natural building, and sustainable living skills since 2003.

Dmitry Berenson has been writing poetry for twenty years, and his work has appeared in The *Worcester Review*, *Poet Lore*, *MiPOesias*, as well as several anthologies. He has also practiced meditation in the Zen and Vipassana traditions, including daily practice and several intensive retreats. His teaching explores the intersection of meditation practice and poetic creative expression.

Sandra Berman is a trained Sageing Circle facilitator as well as an educator, counselor, and pastoral care provider. She comes to this process through years of self inquiry coupled with a daily meditation practice.

Valerie Stead Potsos is the head coach of the nationally ranked University of Michigan Dance Team and the Director/Owner of Dancer's Edge in Dexter, Michigan. She has coached the Royal Oak Kimball Dance Company and the Royal Oak Kimball Varsity Dance Team for eight years and is in her 16th season coaching the University of Michigan Dance Team. She also teaches for the kinesiology department, "U-Move" at the University of Michigan. A choreographer for several teams and studios, Potsos has also choreographed for professional singers and for Ford Motor Company at Ford Field. She has been dancing since age three, teaching dance since age fourteen, and was a member and captain of the University of Michigan Dance Team. Potsos and her family reside in Dexter. You can learn more about Potsos and Dancer's Edge at her website dexterdancersedge.com.

Kathy Bloch is a Tarot reader, born and raised in Hawaii. She has studied Tarot since 1980 and likes to collect Tarot decks from around the world. She has been doing public readings since 1995.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Annette Bowman first learned to read palms and Tarot cards at the age of 12. She has over thirty years of experience as an intuitive reader. In addition, Annette is attuned to provide Reiki healing, studies astrology, writes, teaches, and is learning to work with dreams. She believes poetry is as essential as air, color is as relative as time, trigonometry is elegant, the world needs more kindness, and we should always consider who or what we are in service to.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Patty Brennan, Director of Center for the Childbearing Year and co-owner of Lifespan Doulas, is a professional birth, postpartum, and end-of-life doula trainer. Patty is the author of *The Doula Business Guide* and provides business development support for doulas.

Dr. Tana Bridge, PhD, ACSW, LMSW, ACTP is a Professor, School of Social Work, Eastern Michigan University and award-winning trauma expert.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960, teaching since 1989, and draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Jonathan Buckman is a lifetime student of the martial arts and an instructor with SUN SHEN. He is also a social worker and a chess teacher to over 2,000 children.

Lama Nancy Burks is the resident Lama of the Ann Arbor KTC Tibetan Buddhist Meditation Center. She has been a Buddhist since 1978, and has completed a traditional three-year retreat led by the Ven. Khenpo Karthar Rinpoche at the Karme Ling Retreat Center in Delhi, NY. A retired clinical psychologist, she is available for individual spiritual instruction and guidance, in addition to teaching and leading meditation practice.

Carole Caplan, E-RYT 500 teaches yoga and meditation to weave ancient wisdom into modern life. She bases her yoga teaching on traditional Kriya techniques and is also certified in Thai Yoga Bodywork.

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Atmaram Chaitanya is the director of the nonprofit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan's premier birth and postpartum doula training center with professional certification through DONA International. Also offering comprehensive childbirth preparation programs, including online classes hosted by Patty Brennan.

Lorri Coburn, MSW is a psychotherapist and interfaith minister. She is the author of *Breaking Free: How Forgiveness and "A Course in Miracles" Can Set You Free*.

Agnotti Cowie attended the first ever *Art & Social Change: InterPlay for Millennial Leaders* in 2010. She facilitates workshops worldwide employing a variety of pedagogical techniques such as InterPlay, Theatre of the Oppressed, and Devising. Currently she is based in Chicago where she does workshops in schools and organizations with social movements. She has taken her work globally as well.

Diana Cramer, MA has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant.

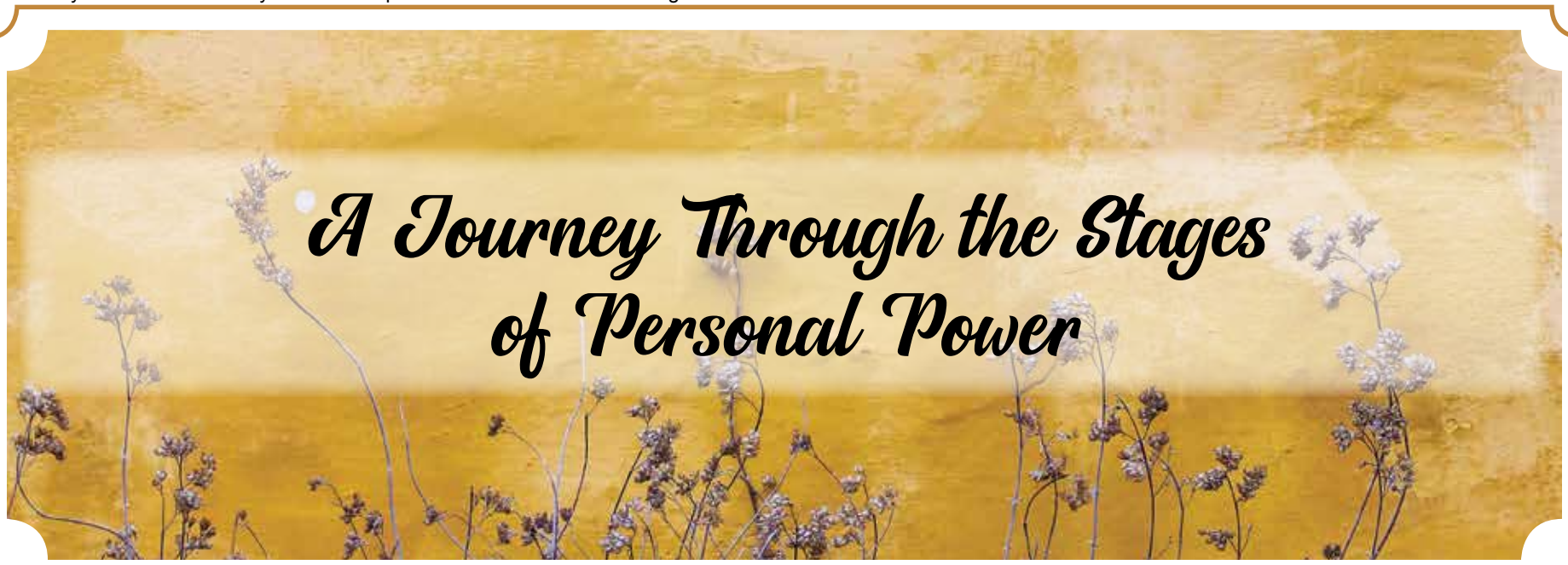
Kara Crutcher attended *Art & Social Change: InterPlay for Millennial Leaders* in 2016. She is a lawyer/social worker in training, a facilitator, a Chicagoan, and a twirler dedicated to decolonization work and practicing joy as a form of resistance.

Reverend Taikodo Marta Dabis is a board-certified hospital chaplain at Saint Joseph Mercy Ann Arbor, a public health researcher in clinical spiritual care, and an ordained Zen priest in the SFZC Suzuki/Katagiri lineage.

Ray Dalton is the Coordinator of Dawn Farm Outpatient Services, including Youth and Family Services.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education, and support services for adolescents experiencing problems with alcohol and other drug use, and for their families.

Christy DeBurton, RYT is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.



A Journey Through the Stages of Personal Power

By Stephanie Miller

Where do you derive your sense of "personal power"? How is it influenced by your environment, whether it's a professional organization or a college campus? In her book *Real Power: Stages of Personal Power in Organizations*, Janet Hagberg explores six stages through which our ego travels in search of personal power, demonstrating that real power transcends achievements and external successes.

> My level of education, my job title, and my organization's reputation served as more than just "resume builders" – they became my definition of self-worth.

When inspecting my own understanding of personal power, I identified a few sources from which I derived my sense of success. My level of education, my job title, and my organization's reputation served as more than just "resume builders" — they became my definition of self-worth. As a young professional working in a large organization, Hagberg's model has helped me to build resiliency, recognize the danger in letting others' perceptions of success become my own, and reflect on the career choices I have made.

I live in Ann Arbor and work for Michigan Medicine in the Frankel Cardiovascular Center. My job title is cardiac sonographer, which means I am a specialized technologist who performs ultrasounds of the heart. My daily routine involves doing tests for up to eight patients every day, taking detailed measurements within the heart. Many patients I see are quite sick and depend on my specialized test results for diagnoses and care from their doctor and medical team.

I was satisfied in my role until I observed the way those referred to as "techs" within the healthcare system are treated and viewed. Despite what I accomplished to achieve the highest level of success in my position, I am generally not seen as "powerful" by those with whom I interact most. I am frequently asked, "Are you a student at U-M?" When I respond, "No, I graduated from another school. I moved here to work at the hospital," the next question is, "Where did you attend school?" I answer, "Grand Valley State University," and the last question usually is, "Are you a nurse?"

Following these types of questions, I feel immense pressure to prove my "worth" or "power" in terms that hold value relative to the person asking. I spend much of my time at work and my personal time around town defending myself, explaining myself, proving myself. Through this process I realized that all along, I've been seeking power in the wrong places.

> Stuck in the story that I was only as powerful as those guiding me, those with whom I associate, and that which I've accomplished, I could not be satisfied with my innate power.

I was introduced to Janet Hagberg's model a year ago while sharing a plate of vegan nachos with two friends. When one of my friends declared "Getting into U-M is the only thing I have to be proud of," I was immediately triggered. She claimed her association with the University of Michigan was an instant guarantee for employer interest. A heated debate followed, and the two of us discussed the meaning of pride, power, and value of accomplishments until discussion bordered on argument. Meanwhile, our third friend was observing our differences.

"You both bring up a lot of good points. This reminds me of the different stages of personal power," she shared, and proceeded to describe the six stages of power explored in Hagberg's book. After delving into Hagberg's theory, I realized the likelihood that my friend and I were in the midst of different stages on our journey to personal power.

Janet Hagberg's first stage of personal power is, naturally, **powerlessness**, where we feel we have little to no power. Hagberg describes that, in this stage, many of us are unaware of our talents or capabilities and are awestruck by authority. Before having any sense of personal power ourselves, we depend on others for examples of, and guidance toward, success. This is where my journey began and where my ego developed a deep wound.

When I was 18 years old and ready to graduate high school, I believed that I could not impress anyone unless I received a fancy degree from a prestigious university. To my disappointment, none of the universities I was interested in offered my degree of choice (sonography). I eventually found a lesser-known university that could provide me with my desired title, but depended heavily on comparing my educational path to others,' shaping the future for my definition of "power."

The second stage of personal power is that **by association**, a sense of power derived from others we view as having power. In my mind, and in coordination with Hagberg's stages, those associated with more prestigious universities had more power than me. I impatiently awaited college graduation, desperate to arrive at what I believed to be a more powerful accomplishment: a degree and a respectable job title.

> The fourth stage begins the reversal of dependence upon others for power, appropriately titled power by reflection. This stage is characterized by a shift as the search for power moves from external to internal and we seek meaning in our success.

Graduating college. Landing that interview. Earning a promotion. These are all examples of **power by achievement**, or Hagberg's third stage of personal power. Any situation from which we gain evidence of our ability is an opportunity to be perceived as more powerful.
Despite earning a bachelor's degree and accepting a job at Michigan Medicine, I felt no greater sense of personal power than I did before graduating high school. Stuck in the story that I was only as powerful as those guiding me, those with whom I associate, and that which I've accomplished, I could not be satisfied with my innate power. I was heart-wrenchingly reminded of this when I heard my friend speak evidence of her own **power by achievement**: *"Getting into U-M is the only thing I have to be proud of."*

The fourth stage begins the reversal of dependence upon others for power, appropriately titled **power by reflection**. This stage is characterized by a shift as the search for power moves from external to internal and we seek *meaning* in our success. Just as I was losing hope in feeling that sense of importance so many powerful people seem to possess, I realized I had been seeking personal power everywhere except for *within my own person*. During a transformative yoga teacher training, I developed an introspective meditation practice, which helped me to shed self-protective layers encompassing my identity. When my understanding of "power" evolved, everything changed. I realized I couldn't find anything outside of myself that made me more valuable than I already accepted myself to be.

Power by purpose is the fifth stage of personal power, closely related to the reflective fourth stage. Upon *reflection* we find that power exists within us

My level of education, my job title, and my organization's reputation served as more than just "resume builders" – they became my definition of self-worth.

regardless of our external associations and influences. Accepting this sense of self and knowing one's importance enables us to recognize the same in our community; if *we* possess all the personal power from which we can draw, so do *others*. When driven by *purpose*, those in stage five have the ability to empower the innate value of others.

The final stage is **power by wisdom**. This stage involves a level of contentment with both the successes and the hardships that accompany the previous stages, knowing that both have led to immense growth. Transitioning into *power by wisdom* means we have experienced both the absence and abundance of personal power. *Wisdom* is a lifelong development; therefore, this stage hardly has a beginning and certainly has no end. I see now that the journey has never been linear like climbing a ladder, but rather circular, like spiraling closer to oneself.

With awareness of my journey through the stages of personal power I have developed new definitions of self-worth. My education does not give me power, but rather my strong sense of perseverance and passion for learning. It's not my job title that deems me in a position of power, it's my empathic ability in a healing setting that exhibits the personal power I have as a caregiver. The organization where I work does not make me powerful— have always been powerful. Michigan Medicine simply serves as an opportunity for me to practice the many innate, powerful qualities that led me here in the first place.

Stephanie Miller is a sonographer at the Cardiovascular Center at the U-M, and a lover of learning, connecting, and evolving into a more compassionate being. She can be reached at stephanietollis@gmail.com

Teachers, Lecturers, Workshop Leaders, and the Centers, continued from page 123

Kate Durda, MA is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan, and various Native American traditions.

Erica Dutton is a retired nurse who has practiced and taught yoga for many years.

Lee Edwards is a body-mind therapist, teacher, and workshop leader with a full-time therapy practice. In addition, she loves using creative expression, drama, and movement for self-exploration and personal growth.

Connie Lee Eiland has been a shamanic practitioner since 2000 and a physical therapist for 50 years. Her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Herb Stevenson and others.

Mary Ellen LMT is a Chi Nei Tsang Senior Teacher in Master Mantak Chia's system. She is certified to teach Chi Nei Tsang Healing Abdominal Therapy One-Three, Qigong Meditation Basics, Tao Yin, and Fusion of the Five Elements One. She is the first U.S. instructor to be able to teach CNT beyond Chi Nei Tsang Two.

Gail Embery has many years of experience as a Tarot reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed Professional Counselor, and received her master's degree from WSU in Counseling Psychology.

Massimo Faggioli, a married lay Roman Catholic, is a professor in the Department of Theology and Religious Studies at Villanova University in Philadelphia. He writes a column for *Commonweal Magazine*. His books and articles have been published in nine languages.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Deb Flint is the bookstore manager at Crazy Wisdom and former Adjunct Professor at Siena Heights University and Adrian College.

Food Gatherers is the food rescue program and food bank for Washtenaw County, distributing 6.5 million pounds of food to 170 nonprofit programs that serve nearly 44,500 low-income adults, seniors, and children annually.

Susan Forgie is a long-time flute player and massage therapist who enjoys sharing Native American music in an open and caring community.

Jerry Fouchey, MA, CADC is a Dawn Farm Outpatient and Personal Medicine therapist.

Marcella Fox is an intuitive reader at Crazy Wisdom.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

The Friends of the Ann Arbor District Library is a committed nonprofit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Melanie Fuscaldo, MA, LPC, NCC is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Ann-Margaret Giovino and Alexis Neuhaus are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Karen Greenberg, RPT is a registered physical therapist, who has been teaching her entire life: physical therapy students at the University of Maryland Hospital, dance students at her own studios and traveling throughout North America, and Skyping spiritual seekers worldwide as a Metaphysical Teacher of personal and spiritual growth.

Karla Groesbeck has over 20 years of experience and a wealth of information and experience in the body movement, meditation, Qigong, and martial aspects of Yang style Tai Chi. She is the owner/founder of Tai Chi Love.

Paulette Grotrian, MA was trained through the UMass Medical School Integrative Medicine Center for Mindfulness and the University of California San Diego Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, Kristin Neff, Christopher Germer, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

Nirmala Nancy Hanke, MD is a longtime meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Simran Harvey has been an astrologer for over half her life. In 2009 she was certified in the Advanced Pulse Technique, a powerful clearing energy to facilitate change at the energetic level. She received additional training to do the energy work over the phone, on up to twelve people simultaneously.

Darcel Hawkins is a certified yoga instructor, wellness coach, and mindfulness teacher who leads cacao ceremonies and facilitates sacred women ceremonies.

The Humane Society of Huron Valley is a nonprofit, tax-exempt public charity. It is independently run and relies on the generosity of people like you to continue its mission to support the loving, responsible care of every animal in our community. HSHV is not affiliated with or funded by Michigan Humane Society, or any other humane organization.

Elizabeth Hurwitz is an elder law attorney since 2000 and a practicing attorney since 1986. She is the co-producer of two feature length documentaries. She has worked in a hospice, is a student of Buddhism. She is also a wife, mother, and animal lover.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Irene's Myomassology Institute is the largest and most prestigious massage school in Michigan. Founded by Irene Gauthier in 1987, the nationally accredited school continues to set the highest standards for massage education.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Gelek Rimpoche's command of western culture enabled him to convey the Tibetan Buddhist tradition with wisdom, wit, and kindness.

Rachel Kanaan is an award-winning and master Kombucha brewer at Unity Vibration. She is also an alchemist and shamanic practitioner.

Reverend Maryesah Karelon has been a student of mystical Christianity, spirituality, and healing for over 40 years. She is the founder and director of the Sanctuary of the Magdalene, a non-denominational organization dedicated to spiritual wholeness through the balance of the masculine and feminine energies.

Teachers, Lecturers, Workshop Leaders, and the Centers, continued from page 125

Jan Katz is a senior student of SUN SHEN Founder, Master Sang Kim. She is also a certified instructor of the Tai Chi for Arthritis Program of Dr. Paul Lam's Tai Chi for Health Institute.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Esther Kennedy, OP, MSW a Dominican Sister of Adrian, is a spiritual director, retreat leader, and clinical social worker. She conducts a monthly Day of Mindfulness at Weber Center.

Tess Kirby has been a student of the transformational teachings of pathwork since 1992. She has been a helper and teacher since 2009 as well as the author of *Lessons From My Path.* Pathwork Press. ©2013.

Pat Kozak CSJ, Ph. D., a sister of St. Joseph, is a consultant for religious congregations in the United States and Canada who enjoys exploring questions of meaning and mission with a variety of groups.

"Wild is the music of the autumnal winds amongst the faded woods."
—William Wordsworth

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.
Lifespan Doulas provides End-of-Life Doula Training and Certification. Owners Merilynne Rush and Patty Brennan are experts in end-of-life issues and the doula model of care.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, nonviolence toward all beings.

Julene Louis holds a certification in Western Astrology through NCGR and ISAR and in Vedic Astrology through the CVA. She is qualified to provide professional Vedic astrology consultations and mentor students. She has been teaching astrology and giving professional consultations since 2000.

Jeanne Mackey, MSW is a workshop leader, musician, and elder-in-training whose influences include earth-based spirituality, co-counseling, and social justice.

Tara Main is a student of the Ann Arbor KTC Tibetan Buddhist Center.

Julie Mariouw is an English teacher, published writer, former Journal Workshop leader. She is certified to lead workshops using the Amherst Writers & Artists method developed by Pat Schneider, and is an AWA affiliate.

Nancy McCaochan, MA, E-RYT 500, has been facilitating group experiences for nearly 30 years. Nancy is an engaging, compassionate facilitator whose focus is on helping others discover the equanimity and happiness that lives inside them.

Mark McMurties, CS. has a deep love for the Bible and for *Science and Health with Key to the Scriptures* a book that helps unlock the meaning of the scriptures.

Michelle Meier is a natural living advocate and loves to help others on their path to wellness using essential oils and natural DIY alternatives.

Ed Morin is a poet and former English teacher at area universities and colleges.

The Mother is a combination of many expressions of the Divine Mother such as Mother Mary, Kwan Yin, and others, and expresses different aspects of herself depending on the needs and karma of the person with whom she is sharing darshan. She is trance channeled by Barbara Brodsky.

The Neighborhood Theatre Group's mission is to make theatre an accessible home for the collaboration of people, artistic challenges, and new ideas.

Ool Pardi was given the name Strong Heart by Chief White Buffalo in 2014 and then founded Strong Heart Drum Medicine. Today, Ool plays Native American music and drums with his wife Kellie. Together they create a unique meditation experience using native instruments from around the world.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Nayaswami Pranaba has been an Ananda member and minister for nearly 30 years. He now manages Ananda Sangha Worldwide, Ananda's outreach ministry. He travels frequently, bringing Yogananda's teachings and inspiration to Ananda devotees nationwide.

Pure Hot Yoga Studio in Maple Village promotes health and wellness. Teachers are trained to enhance all levels of yoga practice, beginner to advanced, in supporting everyone to their best potential.

Demo Rinpoche is Jewel Heart's Resident Spiritual Advisor and is currently based in Ann Arbor. Under the Dalai Lama's direct supervision, Rinpoche's training covered nearly thirty years of uninterrupted education in meditation, debate, memorization, philosophy, and composition as well as higher levels of training according to the Tibetan Buddhist tradition. He also received his master's degree in Inter-Religious Engagement from Union Theological Seminary in New York City in 2018.
Gelek Rinpoche (1939-2017) was the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rinpoche's command of western culture allowed him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Gloria Rivera, IHM, is the coordinator of Great Lakes Bioneers Detroit, an organization that supports sustainable communities. She believes that social justice and environmental justice are one movement. She has been a student of biomimicry for the past six years, and will share some of the insights she has gained from her studies.

Debra Rozak is a lifetime SMARRT member who has been on the UAC facility and published worldwide. With natal Mercury conjunct Uranus in the 6th, her specialties include Medical astrology and alternative healing modalities.

Merilynne Rush, RN has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant. She is also a certified Respecting Choices First Steps Trainer who teaches end-of-life doula training through Lifespan Doulas.

SevaLight Retreat Centre for Self Realization, Pure Meditation, Healing and Counseling, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Laura Seligman, MS is a SoulCollage® facilitator, artist, and docent. She also volunteers at the UM Museum of Art.

SANDYA-Sandra Shears has been a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.

Antonio Sieira, PhD is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Richard Smoot is a professional astrologer since 1971 and speaks internationally. As a former social worker, Richard's emphasis is on using astrology to empower clients to make their own decisions in their lives.

Song of the Morning offers an opportunity to become immersed in the simplicity, serenity, and sustenance of a balanced yogic lifestyle. We offer a place of spiritual refreshment and relaxation to those on a conscious spiritual journey toward union with the Divine, to those hoping to discover their own highest potential, and to all who seek respite from the worries and cares of the world.

John Steinbauer is a certified life coach and reiki master and reiki teacher. He offers sound healings with rare crystal bowls along with reiki. He has over 30 years experience with music, sound, and meditation and has helped others as a life coach since his teenage years.
Steiner Health is a nonprofit medical center in Ann Arbor focusing on alternative and integrative medicine and community education.

Steven Sy is a senior instructor of Master Mantak Chia's system. He is certified in Qigong Meditation Basics, Tao Yin Qigong, Iron Shirt Qigong One-Two, Tai Chi Qigong One-Three, and Fusion of the Five Elements One. Steven is the only instructor in the U.S. certified in Tai Chi Qigong beyond Level Two.

Stephanie Tighe, MSW is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally. She has trained extensively with Sandra Ingerman.

Tiny Lions is a nonprofit center that has cats for adoption roaming the building. You can come in and sit with the cats while studying or come to events with the cats.

Jennifer Vanderwal has been a crystal healing facilitator and instructor since 2004. She offers various types of crystal techniques, EFT, sound healing, readings, reiki, and classes with stones at Bodyworks Healing Center and Journey to Health Chakra.

Verapose Yoga is building community through a shared love of yoga and mindfulness. We help you find your 'True Stance'.

Joe Walters has over 20 years of experience practicing Chen style Tai Chi with Richard Miller.

Kashi Walters is the Co-Director at the nonprofit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

Frances Kai-Hwa Wang is a journalist, essayist, speaker, educator, and poet focused on issues of diversity, race, culture, and the arts. Her writing has appeared at *NBC News Asian America, PRI Global Nation, New America Media, Pacific Citizen, Angry Asian Man, Cha Asian Literary Journal, Kartika Review*, and several anthologies, journals, and art exhibitions.

Sifu Joseph Wang is the Head SUN SHEN Tai-Chi Instructor and Senior Tai-Chi Student of Master Sang Kim. He has been teaching since 2005.

Conrad Welsing has an MA Communication in Arts and Science, a BS in Psychology, and is a Certified Advanced Facilitator.

Alia Wesala provides brief astrological consultation sessions to individuals, couples, and families.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and is a member of the Reiki Alliance.

Eve Wilson, Master Healer is the creator and Director of the Healer Development Program and a full-time Healer Practitioner since 1986. She is a groundbreaking leader in healing and ascension who helps others access their gifts and realize their potential as healers.

Julie Wolcott, MA, CSW, LPC has practiced in the fiel ds of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

Photo by Jennifer Carson

"When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves."

– Jack Kornfield

Rebecca Williams has been a Tarot card reader at Crazy Wisdom for over ten years. Her readings explore deeper soul movements in our lives. Through intuitive readings she assists individuals to use their own soul awareness and wisdom to promote positive change and instill harmony through all of life's complications.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

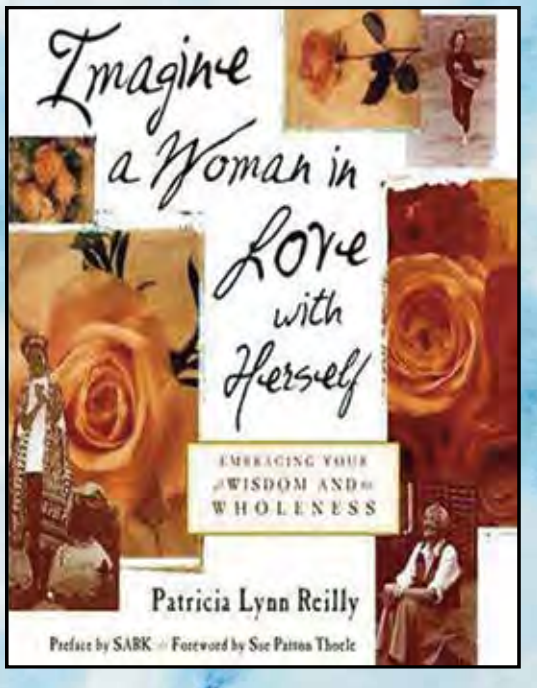
Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

Master Wasentha Young is a Master of T'ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a Masters in Transpersonal Studies.

Karlta Zarley, RN, CHTP has 38 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 19 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

"Love her, but leave her wild"
— Atticus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Patricia Lynn Reilly
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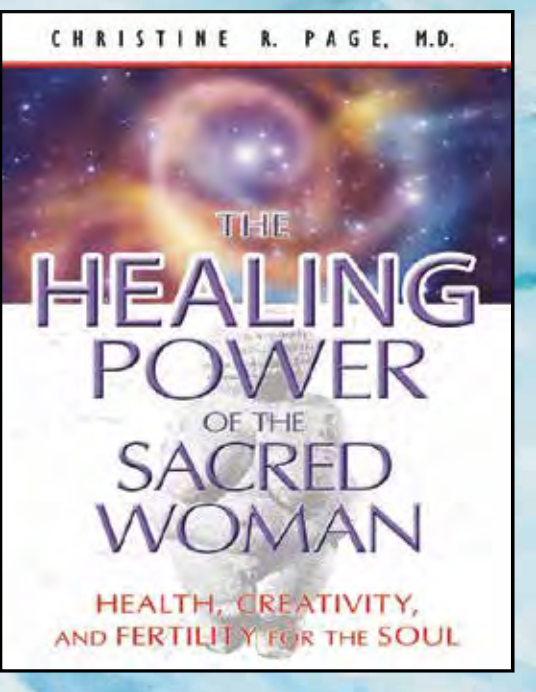

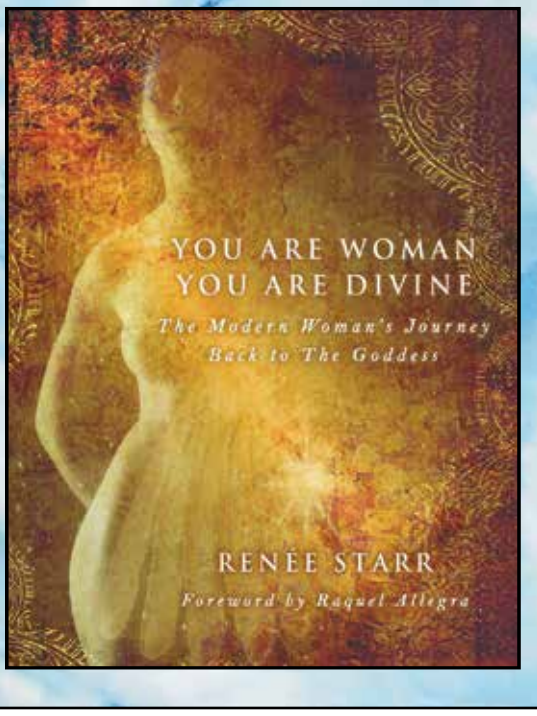

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10:30 Rachel Rains, Gallery Reading*

12:00 Susan Travis, ABC's of Hemp and CBD Oil

1:30 Lisa Bousson, Gallery Reading*

3:00 Tammy Brasswell, Channeling All That Is

4:30 Lori Lipten, Gallery Reading*

Sunday

11:30 Lisa Bousson. Gallery Reading*

1:00 Christine Fodor, More Money Please

2:30 Beverly Fish, Astrology: Finding Your Soul's Purpose

4:00 Michigan Medium Angels (Laura Ashley-Abraham and Connie Smock), Gallery Reading*

*At a gallery reading, the medium gives messages from Spirit to the audience. These may be from departed loved ones, guides, angels, and others.

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